

HSEQ Information

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Preventing the spread of colds and flu

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands can help stop the spread of germs and prevent respiratory illnesses like colds and flu.

1. **Avoid close contact with people who are sick** - when you are sick, keep your distance from others to protect them from getting sick also.
2. **Stay home when you're sick** – if possible, stay home from work when you are sick. It helps prevent others from catching your illness.
3. **Cover your mouth and nose** – cover your mouth and nose with a tissue when coughing or sneezing and be sure to place the tissues in the bin afterwards.
4. **Clean your hands** – washing your hands frequently will help protect you from germs. If soap and water aren't available, use an alcohol-based hand rub.
5. **Avoid touching your eyes, nose or mouth** – germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose or mouth.
6. **Practice good health habits** – clean and disinfect frequently touched surfaces at home or work, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

From the HSEQ Team
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