



STEPS TO PREVENT THE SPREAD OF COLDS AND FLU



➤ WASH YOUR HANDS WITH SOAP AND WATER TO PREVENT THE SPREAD OF GERMS.

➤ COVER YOUR NOSE AND MOUTH WITH A TISSUE WHEN SNEEZING OR COUGHING .

➤ DISPOSE OF TISSUES PROPERLY. THROW THEM INTO A BIN/TRASH CAN.

➤ IF YOU DON'T HAVE A TISSUE, SNEEZE OR COUGH INTO THE BEND OF YOUR ELBOW.

➤ AVOID TOUCHING YOUR EYES, NOSE OR MOUTH. GERMS SPREAD THIS WAY.

➤ AVOID SHARING DRINKING BOTTLES, CUPS OR UTENSILS (CUTLERY , PENS ,ETC...)

➤ CLEAN SURFACES THAT YOU HANDLE OFTEN LIKE DOORKNOBS, SWITCHES, TABLES , KEYBOARDS, ETC...

➤ DON'T FORGET TO AIR OUT THE ROOM SO AS TO LET IN PLENTY OF FRESH AIR.

