

# Habits which help prevent **infection**



## **A paper tissue**

over your mouth and nose protects others when you cough or sneeze. Throw the tissue away immediately. Then wash your hands.

## **Use a flexed elbow**

when you cough or sneeze and do not have a tissue handy.



## **Wash your hands**

thoroughly and often, particularly when around other people.

## **Hand disinfection**

with alcohol-based products is a good alternative when you are unable to wash your hands, for example when you are travelling.

