4. Keep your home and work space clean

Clean your home and work spaces regularly with detergent/disinfectant solutions or wipes paying particular attention to frequently touched surfaces (e.g. door handles, desks, benches, phones etc).

5. Knowing what to do if you are sick

If you have a respiratory illness it is important to avoid close contact with other people until you are well again. Make sure you stay at home and don't go to work, school or other public places until your symptoms have cleared.
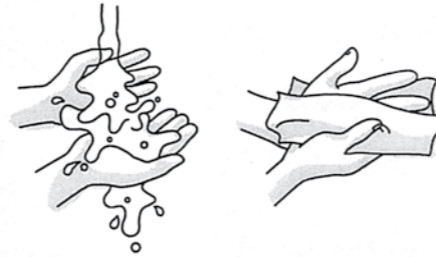
There are extra precautions you must take if you have (or are suspected to have) COVID-19 so you don't spread it to other people. Go to healthywa.wa.gov.au/coronavirus for more information.

How to wash and dry hands with soap and water

- Remove jewellery and cover abrasions.
- Wet hands with warm water, then apply soap or liquid soap.
- Lather for 20 seconds.

- Rinse hands under running water.
- Dry hands with clean towel.

During the lather, pay particular attention to the backs of hands and fingers, fingernails, fingertips and the webbing between fingers.

How to clean hands and remove germs using an alcohol-based liquid or hand rub

- Remove jewellery and cover abrasions.
- Dispense product into dry hands.
- Rub all surfaces of hands for one minute.

When rubbing, pay particular attention to the backs of hands and fingers, fingernails, fingertips and the webbing between fingers.

Alcohol-based liquid hand rubs come in small containers which can be carried in your bag, briefcase, or in your pocket.

Getting the influenza vaccine every year offers the best protection against influenza infection and its complications. See your immunisation provider for more details.

HealthyWA
healthywa.wa.gov.au

This document can be made available in alternative formats on request for a person with disability.

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Prevent COVID-19, influenza and other respiratory infections

There are many simple things you can do to avoid getting COVID-19, influenza or other respiratory infections. These include:

- hand hygiene
- coughing and sneezing etiquette
- standing or sitting away from other people (at least 1.5m)
- keeping your house and work space clean
- knowing what to do when you are sick.
- getting your influenza vaccination every year to protect against influenza.

Many infections, especially respiratory diseases, are easily spread from one person to another. These steps will help you to avoid getting sick and passing infection on to others.

1. Hand hygiene

Keeping our hands clean is an important step in preventing the spread of infections. Hand hygiene is a general term referring to the use of soap and water or an alcohol-based hand rub to cleanse your hands.

Many respiratory diseases, including the common cold and flu, spread easily from one person to another through coughing and sneezing while standing or sitting in close proximity to another person and touching contaminated surfaces with your hands.

Wash your hands properly and often

Most of us don't pay close attention to how we wash our hands. It's important to learn the right way to wash your hands.

To wash your hands properly

- Take off any excess jewellery first.
- Wash your hands with soap and water.

When to wash your hands

- before and after you eat or prepare food
- after you use the toilet or change nappies
- before and after attending to wounds
- after you blow your nose, sneeze or cough
- before and after taking care of someone who is sick
- when your hands are visibly dirty.
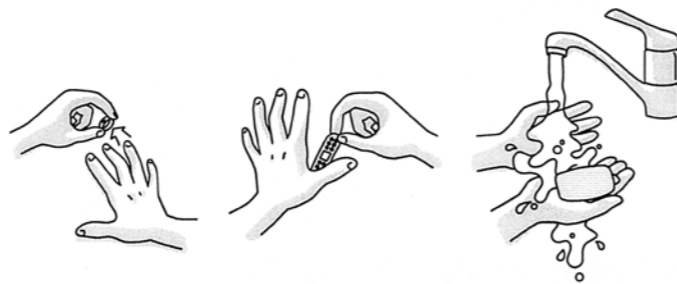
2. Coughing and sneezing etiquette

Viruses are commonly spread through sneezing and coughing. Viruses live in the saliva and mucus in our nose and throat – when we sneeze or cough, we spray these infected droplets into the air.

- Cough or sneeze into a tissue, dispose of the tissue into a closed top bin to minimise the spread of viruses into the air, and wash your hands. Use disposable tissues rather than your hands or a handkerchief (which could store the virus).
- If you don't have a tissue, turn away from people and cough or sneeze into your inner elbow.

Cough etiquette and respiratory hygiene

Cover your cough

- When coughing or sneezing, use a tissue to cover your nose and mouth.
- Dispose of the tissue afterwards.

Wash your hands

- After coughing, sneezing or blowing your nose, wash your hands with soap and water.
- Use alcohol-based liquids, gels or wipes if you do not have access to soap and water.

Remember: hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.

3. Standing or sitting a distance away from others

A very simple way of reducing the chances of being infected or passing on respiratory viruses is to stand or sit a distance away from other people in public or in the workplace when they are coughing or sneezing. You should try to maintain a distance of one metre (arms length) where possible.