Good health starts with clean hands

PREVENTING THE SPREAD OF INFECTION

Common illnesses such as colds, flu and tummy bugs can be spread in different ways. Washing your hands, wiping things down that you use, and covering your coughs and sneezes will help keep you and your community healthy. If you get sick you should stay home until you are better, to stop the spread of the illness to others and to assist in your recovery.

WASH YOUR HANDS OFTEN

Wash Your Hands Often.

Washing your hands well with soap and running water and drying them with a clean towel or paper towel, if available, is one of the best ways to stop the spread of germs.

- Wash your hands often, especially after going to the toilet or changing nappies.
- Try not to touch your eyes, nose and mouth, or food until you have washed your hands.
- You should wash your hands:

before:

- preparing food or drinks
- eating any food
- feeding the baby

after:

- going to the toilet
- changing nappies
- coughing
- sneezing
- blowing your nose
- caring for someone who is sick
- playing sport
- touching or playing with any animals

- Wash your hands any time your hands are not clean.

WIPE SURFACES CLEAN

Wipe Surfaces Clean.

- Keep the area clean where food is prepared and eaten.

By wiping things over with a clean cloth and soapy water, or cleaning agent (if available), you remove most germs. Wipe over things that are shared by others, such as sports equipment, toys and games. The cleaning cloths should be either put in the rubbish bin or washed properly and dried for reuse.

COVER COUGHS AND SNEEZES

Cover coughs and sneezes.

- Don't use your hands to cover a cough or sneeze, use a tissue, or your arm.
- Put the used tissue straight into the rubbish bin and then wash your hands.
- If you do cough or sneeze into your hands, wash them as soon as possible, before touching anything else.
- Always turn away from other people when you cough or sneeze.

WASH, WIPE, COVER... don't infect another!

A joint initiative of SA Health, South Australian Aboriginal Health Partnership and the Aboriginal Health Council SA.

Government of South Australia
SA Health

For more detailed information visit:
www.health.sa.gov.au/infectioncontrol