## 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.



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.





