

FACT SHEET

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



PREVENTING THE SPREAD OF INFECTION

Common diseases such as colds, flu and tummy bugs can be spread in several different ways. Washing your hands, wiping down things you use, and covering your coughs and sneezes will help keep you and others healthy. If you are sick stay away from school until you are better.

WASH

Wash your hands often.

Thorough washing and drying of your hands is one of the best ways to stop the spread of germs.

Clean your hands often, but especially after going to the toilet.

Try not to touch your eyes, nose and mouth, or food until you have washed your hands.

Your hands should be washed with soap and warm running water for at least 10 seconds, then dried with a clean cloth or paper towel.

You should wash your hands:

- before eating any food
- after going to the toilet
- after coughing, sneezing and blowing your nose
- after playing with pets

WIPE

Wipe things clean.

By wiping things clean you can remove most germs.

Wipe over the things that are shared with others, like sports equipment, calculators, toys/games.

Keep the area where food is eaten clean.

COVER

Cover coughs and sneezes.

Cover a cough or sneeze with a tissue or your arm, not with your hands.

Drop the used tissue immediately into a bin and then wash your hands.

If you do have to cough or sneeze into your hands, wash them straight away before touching anything else.

Remember to turn away from other people when you cough or sneeze.

DON'T INFECT ANOTHER!

For more detailed information visit:

www.health.sa.gov.au/infectioncontrol



Government of South Australia
SA Health