



# STOP

## THE SPREAD OF DISEASE

### Hand hygiene

- Hand hygiene is washing hands with soap and water or using an alcohol-based hand rub.
- It is the single most important thing you can do to stop the spread of disease.

### Cover coughs and sneezes

- Cover your nose and mouth with a tissue when coughing, sneezing, wiping or blowing your nose. Put the tissue in the bin after use and *wash your hands*.
- If you don't have a tissue, cough or sneeze into your elbow rather than your hand.

### If you are unwell:

- Stay at home, or in bed, until feeling better before visiting your friends and loved ones in residential care.
- This will also help to stop the spread of diseases such as gastro and flu.

*Make this Spring a healthy season for everyone!*



Australian Government

Department of Health and Ageing

National Health and Medical Research Council