

Respiratory infections - key steps to help stop the spread

Steps

- Respiratory viruses can include influenza and COVID-19.
- If you have a high temperature or a new cough and sore throat, try to avoid contact with others until you no longer have a temperature or feel unwell.
- Cover your mouth and nose while sneezing, coughing, wiping, and blowing your nose.
- Put disposable tissues in the nearest waste bin.
- Keeping your hands clean is key to stopping the spread of infection.
- Increased cleaning of frequently touched surfaces can help to help stop the spread of infection.



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Prevention and Control Manual