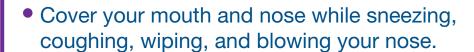
## Respiratory infections - key steps to help stop the spread



## **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.





- 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.



Scan QR code to view the National Infection Prevention and Control Manual











