

# How to slow the spread of infection

> Virtual College

As with any disease, it is important to follow infection prevention and control measures to try and slow it spreading.

1

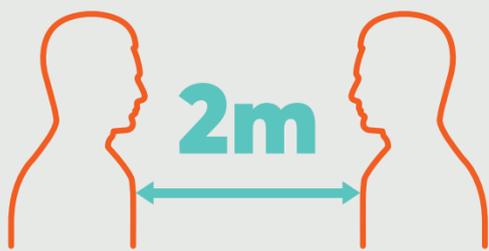
## CLEAN HANDS FREQUENTLY



Use hot water and soap or hand-sanitizer gel.

2

## KEEP A SOCIAL DISTANCE



2m (6 feet) is the recommended distance to stay away from anyone who is coughing or sneezing.

3

## USE DISPOSABLE TISSUES



Dispose of them straightaway and then wash your hands.

4

## COVER NOSE AND MOUTH WHEN COUGHING OR SNEEZING



Use a tissue or your bent elbow.

5

## DON'T SHARE PERSONAL ITEMS



such as cups, cutlery, towels or toothbrushes.

6

## DON'T TOUCH YOUR FACE



Avoid touching your eyes or nose with unwashed hands.