

Slow the spread of germs

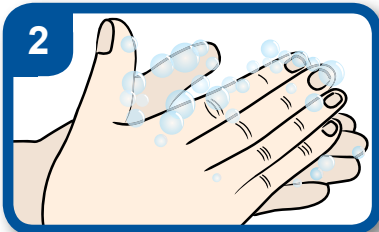
Influenza is a virus. It is highly infectious and can spread easily from person to person. There are a number of steps you can take to reduce the risk of getting flu and help slow the spread of the virus.



Step one: Use a tissue when you sneeze

If you have a flu-like virus, it is important to follow some basic hygiene measures to stop the virus spreading:

- Always carry paper tissues
- Cover your mouth and nose when coughing and sneezing, using a tissue
- Throw the tissue away quickly. Do not leave them lying around, in your bag or up your sleeve
- Wash your hands after throwing tissues away
- If you have children, make sure they follow this advice



Step two: Wash your hands regularly

Hand washing is the most effective way to reduce the spread of infection. Washing your hands with soap and warm water removes most germs and prevents them being spread.

Good hand hygiene is particularly important if you:

- Handle, prepare or serve food - even within your own home
- Have a stomach upset (gastro-intestinal infection)
- Care for other people, children or babies. Make sure you help those you care for follow this advice

Make sure you always wash your hands:

- After visiting the toilet
- Before handling, preparing or serving food
- When your hands look dirty
- After contact with pets/animals
- After cleaning or housework
- After gardening

Make sure you wash your hands properly. These areas are often missed:



Step three: Keep hard surfaces clean

Germs are transferred onto surfaces when you cough or sneeze and when you don't wash your hands properly. The flu virus can live on hard surfaces for up to 24 hours.

Surfaces which are regularly touched by other people include:

- Door handles
- Hand rails
- Taps
- Toilet flush handles
- Light switches
- Telephone hand sets
- Computer key boards
- Remote controls
- Children's toys (computer games, handsets etc)

Cleaning these surfaces frequently with a normal cleaning product will help to control germs and prevent them from spreading.

**Catch it.
Bin it.
Kill it.**

Useful contacts

If you have any queries call the helpline on 707351

Further information is available on www.gov.gg
and www.direct.gov.uk/swineflu



HEALTH AND SOCIAL SERVICES
A STATES OF GUERNSEY GOVERNMENT DEPARTMENT