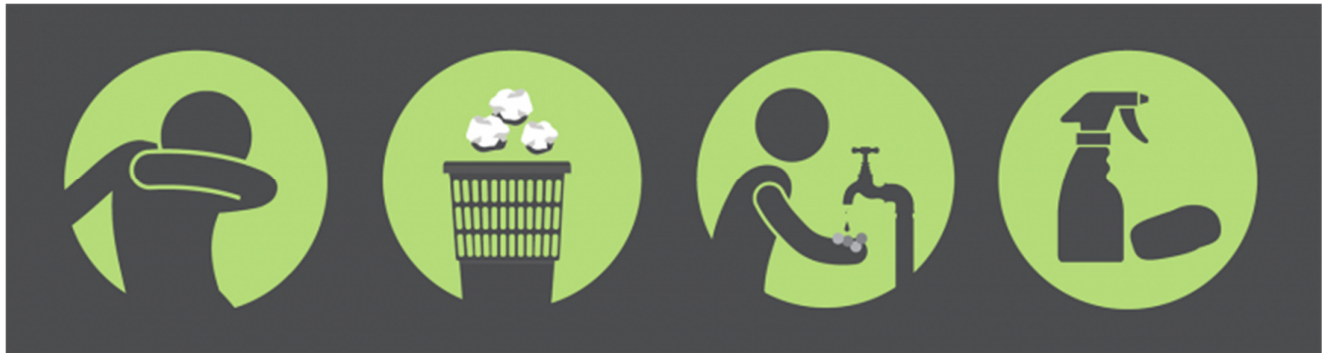


Precautions to take with Autumn/Winter Flu Season and COVID-19 Upon Us



<ul style="list-style-type: none"> • When coughing ensure the following: <ul style="list-style-type: none"> ○ Blow your nose or cough into a disposable tissue and discard the tissue immediately into a bin. ○ If tissues are not available, cough/sneeze into your elbow/upper arm or sleeve – avoid using your hands. ○ Turn away from other people when coughing/sneezing. ○ Move away from other people who are coughing/sneezing. ○ Refer to https://www.youtube.com/watch?v=J2jbEetZ8G4 for a 45 second video on how to manage coughs/sneezes. • If using tissues to cover your sneeze, immediately place tissue in bin. • If you are experiencing signs of any sickness – please stay home and immediately attend a medical practice for a medical assessment of your illness. • Purchase a nose/mouth mask to wear when in public particularly if you have cold symptoms and are travelling to the medical centre for an assessment. Wearing a mask if you do <i>not</i> have cold/flu/COVID-19 symptoms is not encouraged nor necessary. • Avoid touching your face, mouth, nose and eyes. 	<ul style="list-style-type: none"> • Wash your hands often ensuring you scrub palms, fingers and top of hands to wrist with soap for at least 20 seconds. <ul style="list-style-type: none"> ○ Recommend that after entering premises from using public transport, you immediately wash your hands. • Avail yourself of hand sanitiser on a regular basis, particularly if you cannot access soap and water. <ul style="list-style-type: none"> ○ If you cannot find hand sanitizer you can you rubbing alcohol (isocol). ○ Dishwashing liquid with water is also quite good at reducing. • It will be helpful to curb person to person direct contact which easily spreads the virus. So if possible: <ul style="list-style-type: none"> ○ Refrain from handshakes and from hugs. ○ Try and keep 1 metre apart from people. 	<ul style="list-style-type: none"> • Regularly spray Dettol Glen20 surface spray disinfectant as it kills 99.9% of germs & viruses, eliminates odours and disinfects soft & hard surfaces. • No need to overspray as this can then cause problems for people who have asthma.
---	---	---