

ILLNESS PREVENTION

Top tips to keep those germs away

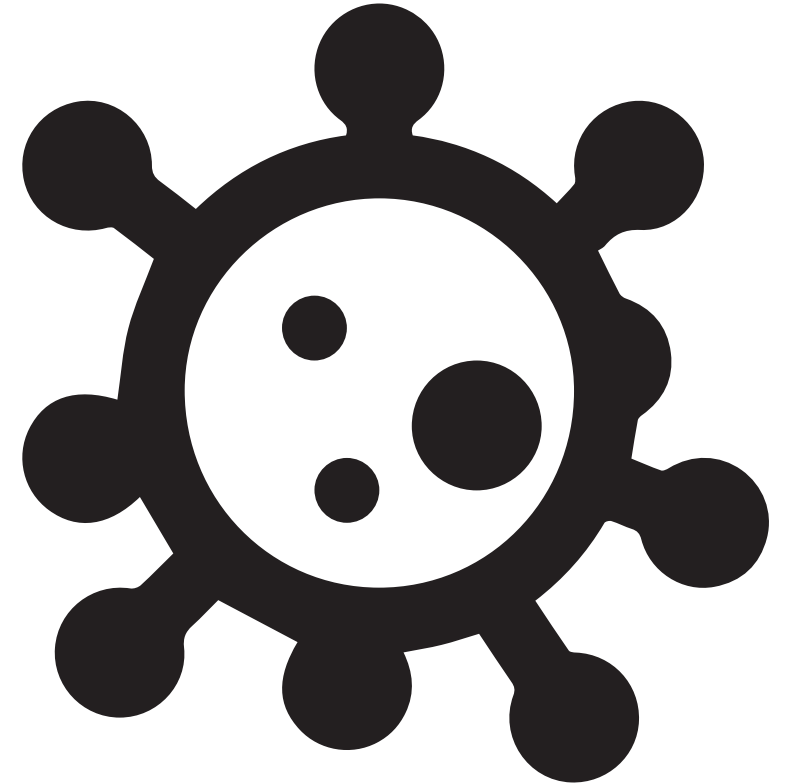


Coronavirus

Same principles apply to protect yourselves and each other

We shall be stricter about exclusion and protection than for simple coughs/colds

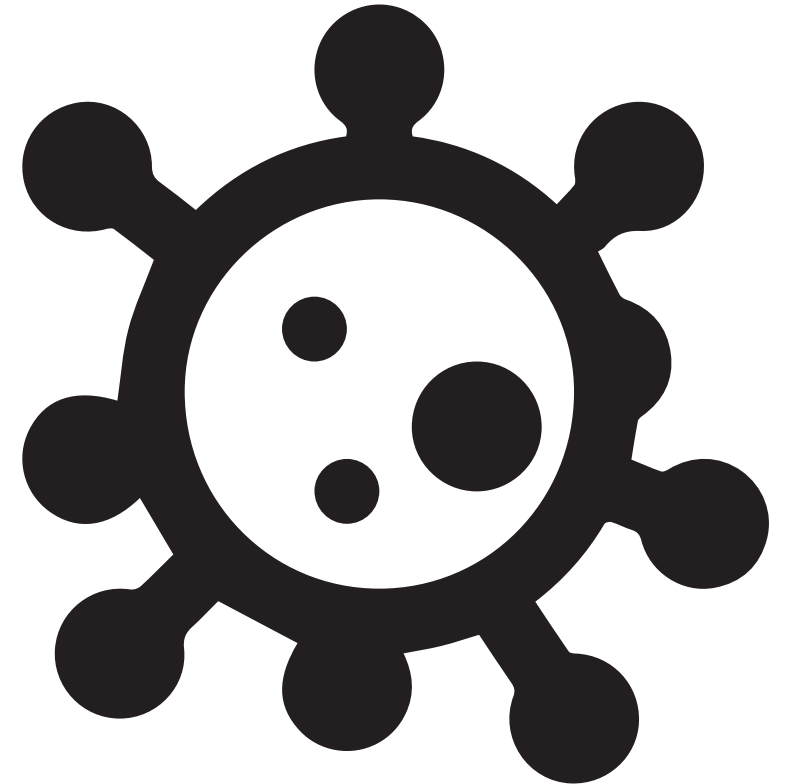
If you are worried about your symptoms, please call NHS 111. Do not go directly to your GP or other healthcare environment



Government advice

Anyone with symptoms should stay at home for at least seven days.

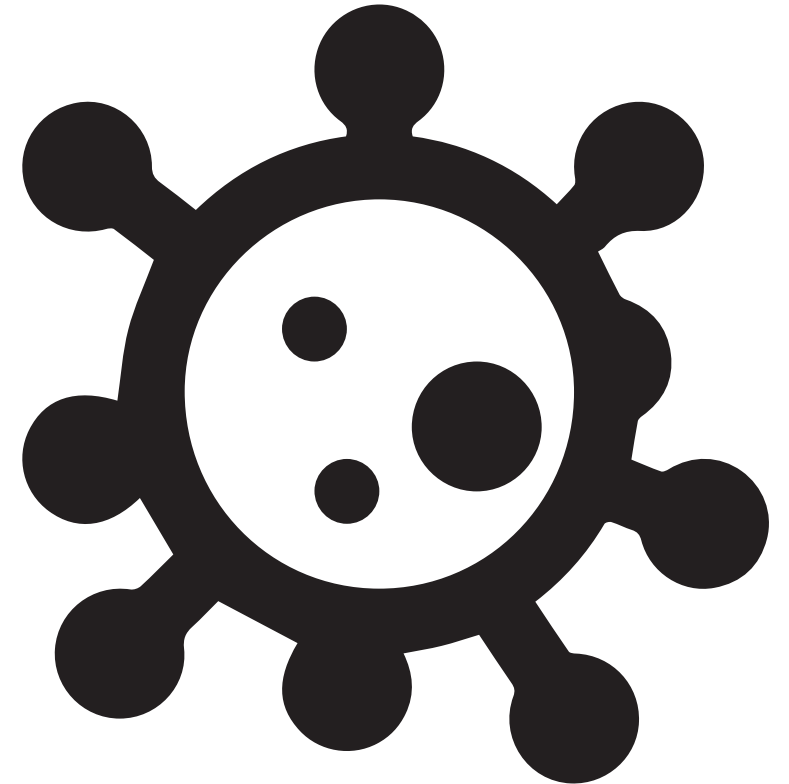
If you live with other people, they should stay at home for at least 14 days, to avoid spreading the infection outside the home.



Government advice

After 14 days, anyone you live with who does not have symptoms can return to their normal routine.

But, if anyone in your home gets symptoms, they should stay at home for seven days from the day their symptoms start. Even if it means they're at home for longer than 14 days.



How germs are spread

Mainly by touch - eyes, nose and mouth after touching an infected surface

Also spread by coughing and sneezing

Less often by talking



Top tips to prevent illness



Clean hands

Before you eat

After using the toilet

After sneezing/coughing

After handling animals

Always use soap and water

Always use the handgel



Proper handwashing

Step by step

Wet hands



Soap



Wash for
20 seconds



Rinse



Dry



Hand dryers/ toilets

Avoid the hand dryer - use paper or your own towel

Dryers blow germs around

Keep your face from the dryer

Flush the toilet with the lid down



Sleep, nutrition and alcohol

Have adequate sleep and a nutrient rich diet
Your body is vulnerable to illness while drinking alcohol

Have water in between alcoholic drinks to avoid hangovers

Restore carbs and electrolytes the following morning



Sneezing and coughing

Sneeze and cough into the crook of your elbow

Use a tissue

Then throw the tissue away

Use soap and water/handgel to clean your hands

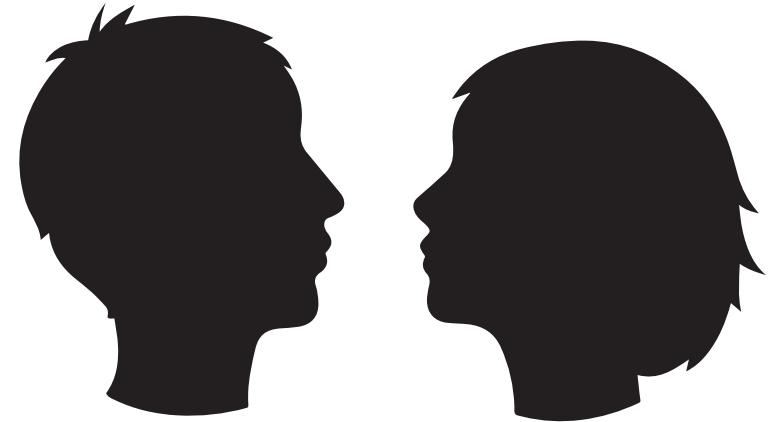


Sharing is not caring

If you are ill with a cold don't get too close

Aim to be as far away as possible when talking, preferably six feet or more

Don't share water bottles, cutlery or towels



Keeping the environment clean

Keep communal areas/toilets clean

Use wipes for desks and computers, especially if shared

Please avoid spitting



Stop germs spreading

Catch it

Bin it

Kill it



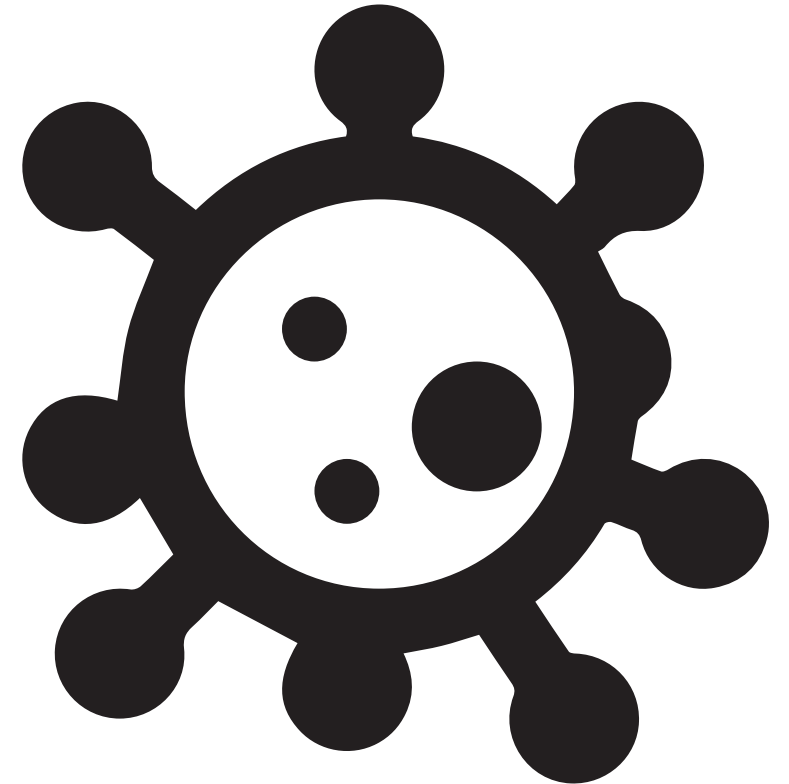
Social distancing

Stay away from places where people gather

Avoid mass gatherings

Maintain a distance of at least one metre from each other

Together we can help to slow the infection from spreading away



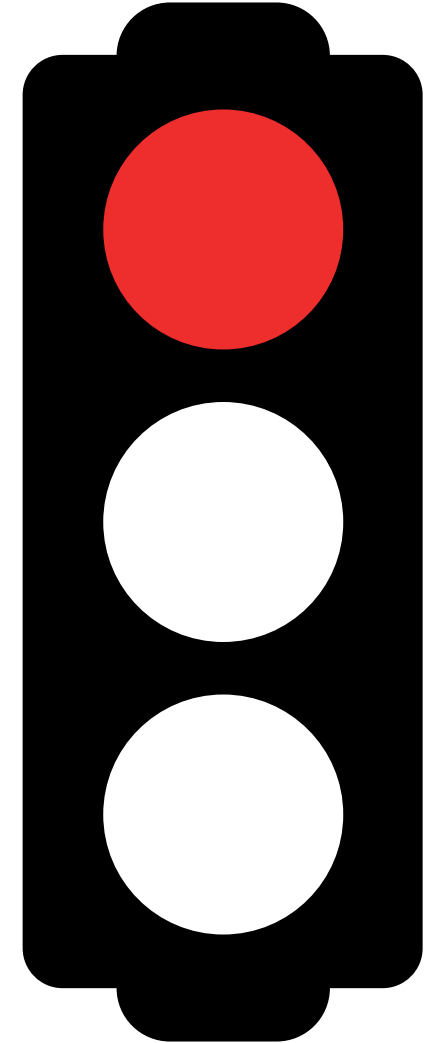
Red light - Avoid/ don't do

All gatherings of religious, commercial, official or personal nature involving a sizeable crowd

Social visitors or non-essential workers in your home

Non-essential visitors in the workplace

Non-essential travel in public transportation



Yellow light - Do with caution

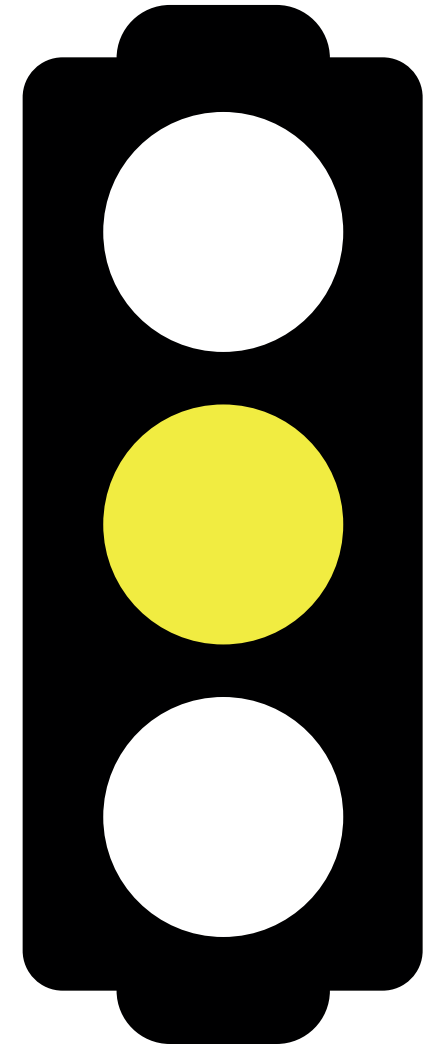
Attend private gatherings limited to a few family members or known friends

Travelling in a private transport

Buying in a grocery store or supermarket

Pick up medicines from the pharmacy

Play sports in the open air with family or few known friends



Green light - Safe to do

Take a walk or jog in an open park

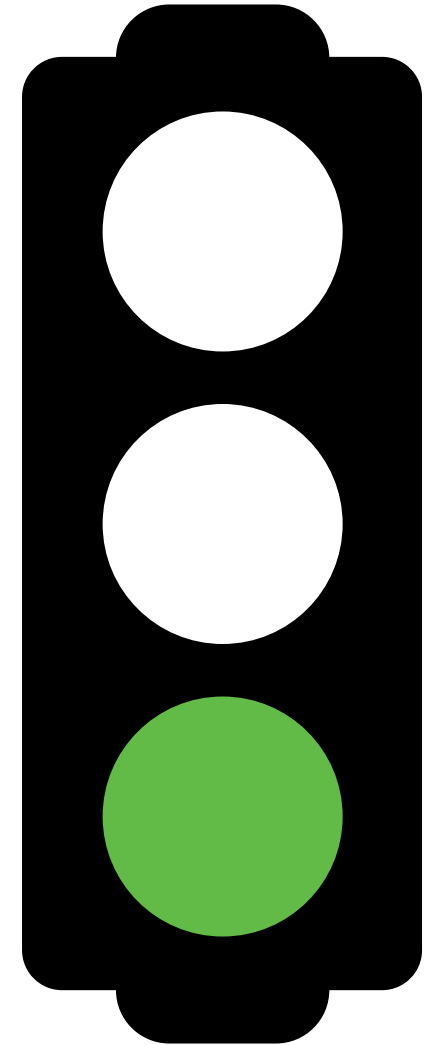
Cycling

Play in your home garden

Read a book or listen to music in private

Play games or watch TV/films at home

Home cooking and meals at home



**THANK
YOU**

