

# FACT SHEET

## WASH, WIPE, COVER...

### don't infect another!

#### PREVENTING THE SPREAD OF INFECTION

Common disease such as colds, flu and gastro can be spread in several different ways. Washing your hands, wiping down things you use, cover your coughs and sneezes will help keep you and others healthy. If you are sick, stay away from school until you are better.

## WASH

### Wash your hands frequently.

Through washing and drying of your hands is one of the best ways to stop the spread of infection.

Wash your hands often, but especially after going to the toilet.

Try not to touch your eyes, nose and mouth, or food until you have washed your hands .

Your hands should be washed with soap and warm running water for at least 10 seconds:, then dried with a clean cloth or paper towel.

You should wash your hands:

- before eating any food
- after going to the toilet
- after coughing, sneezing and blowing your nose
- after playing with pets.

## WIPE

### Wipe over surfaces.

By wiping things clean you can remove most germs.

Wipe over the things that are shared with others, like sports equipment, calculators, toys/games.

Keep the area where food is eaten clean.

## COVER

### Cover coughs and sneezes.

Cover a cough or sneeze with a tissue or your arm, not with your hands.

Drop the used tissues immediately into a bin and then wash your hands.

If you do have a cough or sneeze into your hands, wash them immediately before touching anything else.

If soap and water handwashing is not possible an alcohol rub can be used.

Remember to turn away from other people when you cough or sneeze.

For more detailed information visit:

[www.sahealth.sa.gov.au/washwipecover](http://www.sahealth.sa.gov.au/washwipecover)



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SA Health