

FACT SHEET

WASH, WIPE, COVER... don't infect another!



PREVENTING THE SPREAD OF INFECTION

Common diseases such as colds, flu and gastro can be spread in several different ways. You will reduce the risk of getting sick or passing infections on to others by washing your hands, wiping down surfaces, and covering your coughs and sneezes. It is important to avoid touching your eyes, nose and mouth, or handling food, until you have washed your hands. Avoid contact with others if you are sick. If others are sick, keep your distance.

WASH

Wash your hands frequently.

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

Make a habit of washing your hands often.

Hands should be washed with soap and warm running water for at least 10 seconds then dried thoroughly with a clean cloth or paper towel.

Hands should be washed:

- before and after eating or preparing food
- after going to the toilet
- after coughing, sneezing and blowing your nose
- after being out in public places and touching common items
- after caring for someone who is sick

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

WIPE

Wipe over surfaces.

You can remove most disease causing germs by cleaning frequently touched surfaces and items.

Cleaning cloths should be washed and dried after use, or discarded.

COVER

Cover coughs and sneezes.

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

Dispose of the tissue immediately into a rubbish bin after use and then wash your hands.

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

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

DON'T INFECT ANOTHER!

For more detailed information visit:

www.health.sa.gov.au/infectioncontrol



Government of South Australia
SA Health