Habits which
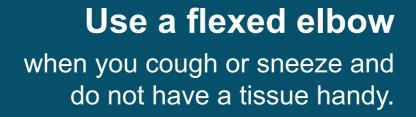# help prevent **infection**

A paper tissue

over your mouth and nose protects others when you cough or sneeze. Throw the tissue away immediately. Then wash your hands.

Use a flexed elbow

when you cough or sneeze and do not have a tissue handy.

Wash your hands

thoroughly and often, particularly when around other people.

Hand disinfection

with alcohol-based products is a good alternative when you are unable to wash your hands, for example when you are travelling.

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