

Coughs and sneezes spread diseases



Stop the spread of germs



How can I stay healthy?

- Clean your hands regularly with soap and water, or use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth.
- If possible, avoid close contact with people who are ill.
- Get vaccinated! Influenza (flu) and pneumococcal (pneumonia) vaccines can prevent some serious respiratory illnesses.



Why should I cover my cough?

Common colds and illnesses like influenza, respiratory syncytial virus (RSV) and whooping cough are spread by:

- Coughing or sneezing; and/or
- Unclean hands.

These illnesses spread easily in crowded places because people are in close contact.





How do I stop the spread of germs?

- Always carry tissues.
- Cover your nose and mouth with a tissue every time you cough or sneeze.
- Throw used tissue in the bin as soon as possible.
- If you don't have a tissue, sneeze or cough into your sleeve



- After coughing or sneezing, always clean your hands with soap and water, or use an alcohol-based hand rub.
- Stay at home when you're sick.
- Don't share eating utensils, drinking glasses, towels or other personal items.

When visiting a healthcare setting (such as a hospital)

- If you're ill and want to visit family or friends in hospital, you should ring the ward nurse and check whether it's okay to do so. But in most circumstances, it's better to avoid visiting patients when you're ill.
- Always carry a tissue.
- Cover your nose and mouth with a tissue when you cough and sneeze.
- Throw used tissues in the bin as soon as possible.
- Clean your hands with soap and water or an alcohol-based hand rub.



- You may be asked to wear a mask to protect others.
- Don't worry if you see staff and other people wearing masks, they're preventing the spread of germs.



For further information please visit:

National Public Health Service:
www.nphs.wales.nhs.uk

Chief Medical Officer for Wales:
www.wales.gov.uk/cmo

NHS Direct Wales:
www.nhsdirect.wales.nhs.uk

NHS Immunisation Information:
www.immunisation.nhs.uk

Health Challenge Wales:
www.wales.gov.uk/healthchallenge

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