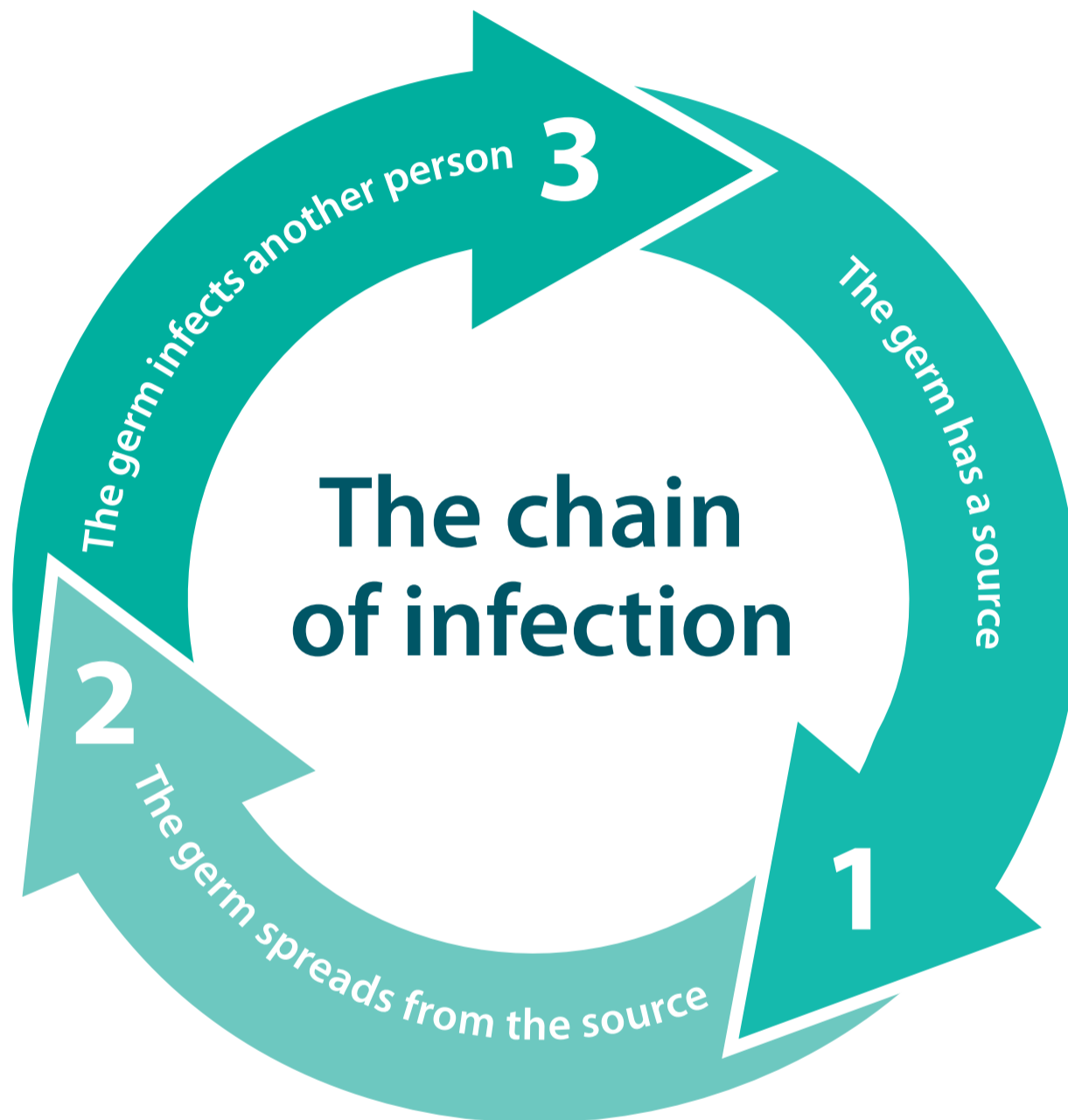


The chain of infection

STAYING HEALTHY | 5TH EDITION | 2013



**Because you care about your health and those around you,
break the chain of infection at step 1, 2 or 3 by:**

- washing your hands regularly with soap and water or by using an alcohol-based hand rub
- coughing and sneezing into your elbow rather than your hands
- stay at home if you or your child is feeling unwell
- regular cleaning of surfaces with detergent and water.

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