



RESPIRATORY ILLNESSES

PREVENTION TIPS

As the seasons change and colder months approach, respiratory illnesses become more prevalent. As a valued member, your health is our priority. Knowing how to prevent these illnesses – and recognising symptoms early – can help protect you and your loved ones.



Wash or sanitise hands regularly



Sneeze and cough in a bent elbow



Wear a mask



Regularly disinfect frequently touched surfaces



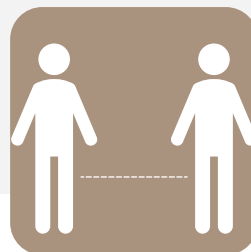
Dispose of used tissues



Avoid touching your face with unclean hands



Avoid crowded and non-ventilated places



Keep a safe distance



Stay home when sick – to prevent spreading infection

Please note: This information does not replace the advice of your healthcare provider and is intended for education purposes only. Please consult your doctor should you have any concerns or need more support.