

## Preventing the Spread of Cold, Flu & Viruses

### WHY PREVENTION MATTERS

Colds, flu, and other viral infections can spread quickly in workplaces, accommodations, and dining facilities. Simple preventive actions help protect your health, safeguard your colleagues, and maintain safe, unrestricted operations.

### KEY PREVENTIVE MEASURES



#### HAND HYGIENE

- Wash hands frequently with soap and water for at least 20 seconds
- Use alcohol-based sanitizer when handwashing is not possible



#### RESPIRATORY ETIQUETTE

- Cover your mouth and nose with a tissue or elbow when coughing or sneezing.
- Dispose of used tissues immediately in covered bins.



#### WORKPLACE & FOOD SAFETY

- Ensure food handlers are symptom-free before duty.
- Maintain strict hygiene in kitchens, dining halls, and serving areas.
- Frequently disinfect high-touch surfaces (utensils, counters, tables, handles).



#### HEALTHY LIFESTYLE

- Stay hydrated and eat balanced meals.
- Get adequate sleep to strengthen immunity.
- Engage in light exercise and maintain personal wellness.

**STAY SAFE – STAY HEALTHY – PROTECT EACH OTHER**