

# PREVENTING THE SPREAD OF COLD, FLU & VIRUSES

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## Why Prevention Matter

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, uninterrupted operations.

## HAND HYGIENE

- Wash hands frequently with soap and water for at least 20 seconds.
- Use alcohol-based hand sanitizer when handwashing is not possible.
- Avoid touching your face (eyes, nose, mouth) with unwashed hands.

## RESPIRATORY ETIQUETTE

- Cover your mouth and nose with a tissue or elbow when coughing or sneezing.
- Dispose of used tissues immediately in covered bins.
- Wear a mask if coughing, sneezing, or working in close contact with others.



## WORKPLACE & FOOD SAFETY

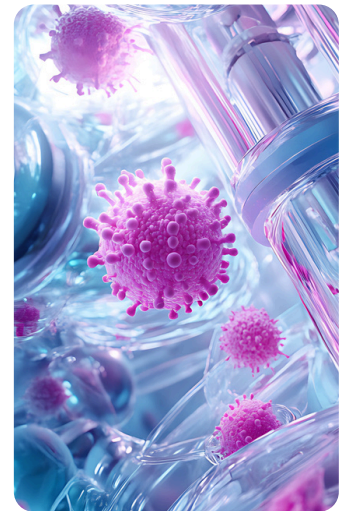
- Ensure food handlers are symptom-free before duty.
- Maintain strict hygiene in kitchens, dining halls, and serving areas.
- Frequently disinfect high-touch surfaces (utensils, counters, tables, handles).

## SOCIAL RESPONSIBILITY

- Maintain safe distancing in common areas, dining halls, and transport.
- Avoid sharing personal items (utensils, bottles, towels).
- Report any flu-like symptoms immediately to line manager and the clinic.

## HEALTHY LIFESTYLE

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



## Safety Message

STAY SAFE – STAY HEALTHY –

PROTECT EACH OTHER

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