

What to do and how to prevent infection of sickness bugs...

1. Ensure hand washing is done at appropriate times and effectively with soap.

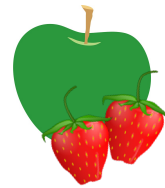


2. If you are infected with a sickness bug, do not return to work/school/nursery until 48 hours after the last bout of sickness.

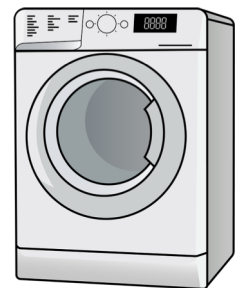
3. Ensure disinfectant is used when cleaning.



4. Ensure food is washed appropriately before being prepared.



5. Ensure food is cooked correctly.

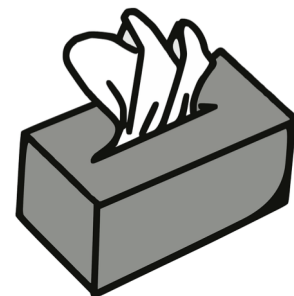


6. Ensure windows are kept open to circulate fresh air.

7. Ensure laundry is washed on a high temperature.

8. Ensure food and cutlery is not shared.

9. Ensure used tissues are appropriately disposed of.



10. Good nutrition can often aid the prevention of sickness bugs.