Tips to help prevent the spread of respiratory illnesses

- **Common Cold**, **Influenza**, **Coronavirus**

1. Wash your hands often with soap and water or with an alcohol-based hand sanitizer, especially before eating and after going to the toilet.
2. Avoid touching your eyes, nose, and mouth with unwashed hands.
3. Avoid close contact with people who are sick with flu-like symptoms (fever, cough).
4. Stay home when you are sick with flu-like symptoms to avoid spreading the virus to others. Rest, eat well and drink plenty of water.
5. Cover your mouth and nose when you cough or sneeze and wash your hands after.
6. Clean and disinfect frequently touched objects and surfaces.

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**World Health Organization**

**Western Pacific Region**

**Public Health Division**

**Pacific Community**

**Communauté du Pacifique**