Protect yourself from viruses

Follow these simple steps to protect yourself from viruses, such as coronavirus and influenza.

Wash your hands

Keeping your hands clean is the best way to get rid of germs. Make sure you wash your hands often with soap and warm water, or an alcohol-based rub (hand sanitiser).

Cover coughs and sneezes

It is important that you use disposable tissues rather than your hands or a handkerchief when you cough or sneeze. Make sure you always:

- cover coughs and sneezes with a tissue or use your inner elbow
- put the tissue into a closed-top bin as soon as possible
- then wash your hands with soap and warm water, or use hand sanitiser.

Stay home

If you are sick, stay home from work or school.

Viruses can be very serious for some people including young children, older people, pregnant women, Aboriginal people and people with chronic medical conditions – so it is especially important to keep your distance from these people.

A very simple way to reduce the spread of germs is to stand or sit away from people when you or they are coughing or sneezing (at least 1 metre – about an arm's length).

Keep surfaces clean

Clean your home and work surfaces regularly to help get rid of germs, this includes:

- phones
- door handles
- children's toys
- keyboards.

You can use warm water and detergent to do this. Avoid using antibacterial cleansers (disinfectants) as these can make germs resistant to them.

healthywa.wa.gov.au/protectyourself