Stay home if you are sick

If you have a respiratory illness, avoid close contact with other people until you are well again. Stay home and don't go to work, school or other public places until your symptoms have cleared.

Keep surfaces clean

Clean your home and work spaces regularly to help get rid of germs. You can use warm water and detergent or disinfectant. Take care to pay particular attention to frequently touched surfaces such as door handles, desks, benches, phones and children's toys.

Get vaccinated

Vaccination ensures you have the most protection available against the effects of viruses such as COVID-19 and influenza. It can help keep friends, family, and other members of our community protected too.

Influenza and COVID-19 are caused by different viruses and so you need different vaccines.

Influenza vaccine

Getting the influenza vaccine every year before winter offers you the best protection against influenza infection and its complications. However, it is never too late to get vaccinated.

The influenza vaccine is recommended for everyone 6 months and older.

COVID-19 vaccinations

Keep up-to-date with your COVID-19 vaccinations to protect against COVID-19.

See your immunisation provider for more details or to get vaccinated.

More information

Visit healthywa.wa.gov.au

Government of **Western Australia**
Department of **Health**

Prevent COVID-19, influenza and other respiratory infections

Many infections, especially respiratory diseases, are easily spread from person-to-person through coughing and sneezing or by touching surfaces with germs on them and then touching your mouth or nose.

There are many simple things you can do to avoid getting sick and passing infections, such as COVID-19 and influenza, on to others.

Wash your hands properly and often

Keeping your hands clean is the single most effective way to reduce the spread of germs that cause respiratory disease.

Wash your hands with warm water and soap. If you do not have soap or water, use alcohol-based liquids, gels or wipes.

Make sure to pay particular attention to the backs of hands and fingers, fingernails, fingertips, and the webbing between fingers.
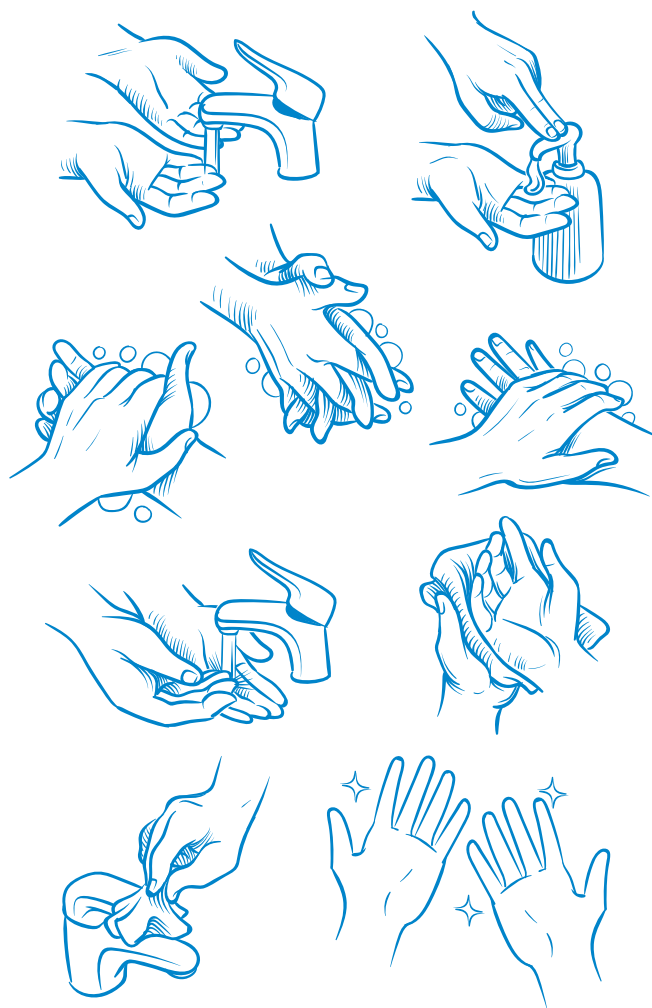
When to wash your hands

- after you blow your nose, sneeze or cough
- before and after you eat or prepare food
- after you use the toilet or change nappies
- before and after attending to wounds
- before and after taking care of someone who is sick
- when your hands are visibly dirty.

Cover coughs and sneezes

Viruses are commonly spread through sneezing and coughing. Viruses live in the saliva and mucus in our nose and throat – when we sneeze or cough, we spray these infected droplets into the air.

Remember:

- when coughing or sneezing, use a tissue to cover your nose and mouth
- to put the tissue in the bin afterwards
- if you don't have a tissue, turn away from people and cough or sneeze into your inner elbow
- after coughing or sneezing, wash your hands with soap and water or use an alcohol-based sanitiser.

Wear a face mask

Face masks are a simple and effective way to help limit the spread of infections. Face masks can stop viruses spreading in the air when you talk, cough, sneeze and laugh. By wearing a face mask, you can help protect yourself and those around you.

Keep your distance from others

A simple way of reducing the chances of being infected or passing on respiratory viruses is to stand or sit a distance away from others when they are coughing or sneezing. You should try to maintain a distance of 1 metre (arm's length) where possible.

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