




# Keeping me safe from infectious disease

We all must take steps to protect the people we care for from infectious diseases.



Wash hands for 20 seconds with warm soapy water.

Use paper towel and dispose of waste correctly.




Use hand sanitiser if water isn't available.




**INFLUENZA VACCINATION**  
JANUARY 2025

Get vaccinated against the flu and other infectious diseases each year.

**NO**



**OK**



Don't touch your face.



Use paper tissues and throw them into the bin.



Stay home if you are sick.



Always use personal protective equipment to protect yourself.



Wipe and disinfect handles and surfaces.



Change your clothes at the end of your shift and wear clean clothes each day.