

# Have a healthy winter

## Winter goes hand in hand with illness



### Coughs, colds, influenza and gastroenteritis are prevalent during the winter months.

These illnesses are spread easily from person to person and during winter we tend to spend more time indoors, having closer contact with one another.

However there are some simple steps you can take to reduce the likelihood of catching or spreading these illnesses:

- Cover your mouth and nose with a tissue when you cough or sneeze. Place dirty tissues in the bin.
- If tissues are not available, cough or sneeze into the inner elbow rather than your hand.
- Wash your hands regularly with soap and water or use an alcohol based hand sanitiser. It is also important to wash your hands before preparing food and eating.
- Keep a distance of at least one metre between yourself and other people if either of you is unwell.
- Stay away from work, school, childcare and other public places when you are unwell.
- Be immunised against the influenza virus each year.

If you feel ill, it's important to see your GP or call healthdirect Australia on **1800 022 222** for advice. For more information go to [www.health.act.gov.au](http://www.health.act.gov.au)