

## Protect yourself and others from getting sick



1.

Wash your hands with soap and running water.

Wash your hands after:

- Coughing or sneezing
- When caring for someone else
- When preparing food, especially raw and uncooked food
- Before eating
- After using the toilet
- After handling animal waste
- When hands are dirty.



2.

When coughing and sneezing cover your mouth and nose with a tissue or a flexed elbow. Throw tissue into closed bin immediately after use and then wash your hands.



3.

Avoid close contact with others when you are experiencing a cough or a fever.



4.

If you have a fever, cough or finding difficulty breathing, seek medical care early and share previous travel history with your provider.



5.

Avoid travel if you are unwell, or if travelling and you become unwell, let a member of staff know and seek medical advice.

For your own safety, we recommend you visit <https://www.smarttraveller.gov.au/> for the latest travel advice prior to travel and upon your return.

## Stopping the spread of rumour

### 1. Do hot baths and showers kill a virus?

Taking a hot bath will not stop you from catching a virus. Your normal body temperature stays around 36-37°C regardless of your bath or shower. Taking a hot bath or shower with extremely hot water, can actually be more harmful, as it can burn you.

### 2. Can I get sick from a parcel posted from another country?

You cannot get sick from transmitted goods that are manufactured in different countries. It is unlikely a virus will persist on a surface after its been moved and exposed to different conditions and temperatures. If you think a surface may be contaminated, use a disinfectant to clean it.

### 3. Can I get a virus from a Mosquito bite?

A virus cannot be transmitted through mosquito bites. Respiratory viruses spread primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.

### 4. Will using a hand dryer kill a virus?

Hand dryers are not effective in killing viruses. Always use soap and water and dry using a paper towel.

### 5. Can a pet cause a virus?

There is no evidence that companion pets such as a dog or cat can be infected with a virus that could be passed to you. However, it is always a good idea to wash your hands with soap and water after contact with pets. This protects you against various common bacteria such as E.coli and Salmonella that can pass between pets and humans.

### 6. Can Ultraviolet lights kill a virus?

Ultraviolet lights cannot kill a virus and should not be used to sterilise hands or other areas of skin as UV radiation can cause skin irritation.

### 7. Can spraying alcohol or chlorine over your body kill a virus?

No. Spraying alcohol or chlorine over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth).

### 8. Do vaccines against pneumonia protect you against getting a virus?

No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection.

Each virus is different and often need their own vaccine.

**Getting your annual flu vaccine is highly recommended to protect your health.**

### 9. Can eating garlic protect you from viruses?

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new Coronavirus.

### 10. Can antibiotics stop a virus?

No, antibiotics do not work against viruses, only bacteria. However, if you are hospitalised because of a virus, you may receive antibiotics as bacterial co-infection is possible.



**Have you had your annual flu vaccine?**