



2. Clean your hands often



You should clean your hands before and after you prepare food and visit people, and after you use the toilet. Use soap and water and wash your hands after you use the toilet and if your hands are visibly dirty, otherwise use hand sanitiser to clean your hands.

3. Use protective equipment



Protective equipment can include masks, gowns, aprons, gloves and eye protection. Always check instructions on their use. If these items are required, talk to a staff member about how to use them properly so you and your loved ones are protected.

1. Stay at home if you feel unwell



Even if you only have mild symptoms of an infection staying at home is the best thing to do to protect everyone.

4. Follow cough etiquette



If you have to sneeze or cough, make sure that you sneeze or cough into your elbow.

Dispose of dirty tissues in a bin. Always perform hand hygiene after coughing, sneezing and after using a tissue.

5. Let the service know if you develop symptoms of an infection within 5 days



If you develop symptoms of a viral, respiratory or gastrointestinal infection within 5 days of visiting, let the service know so that they have information to keep everyone safe.



Scan the code for a virtual introduction to infection prevention and control in aged care services.