

PREVENTING THE SPREAD

We all know the protective measures to help stop the spread of COVID-19, but which ones can we apply when it comes to other diseases? Dr. Jill Weatherhead, assistant professor of pediatrics - tropical medicine and infectious diseases, explains.

STOMACH BUG

- ✓ Wash your hands for 20 seconds
- ✓ Stay home when you're sick
- ✓ Isolate from other members of household if ill
- ✓ Clean common surfaces with a bleach solution
- ✓ Wash contaminated laundry (clothing, sheets, towels, etc.)

COLD

- ✓ Wear a surgical mask or similar face covering if out
- ✓ Wash your hands for 20 seconds
- ✓ Stay home when you're sick
- ✓ Clean common surfaces with a bleach solution
- ✓ Cover your sneezes and coughs

THE FLU

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