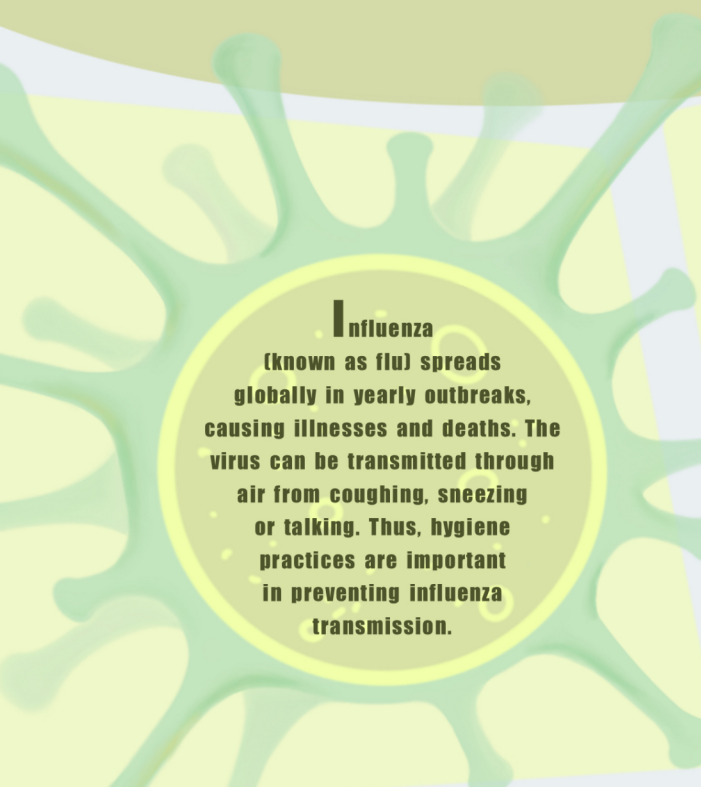


SAVE YOURSELF
OTHERS

SAY BYE TO INFLUENZA

HYGIENE PRACTICES



Influenza
(known as flu) spreads globally in yearly outbreaks, causing illnesses and deaths. The virus can be transmitted through air from coughing, sneezing or talking. Thus, hygiene practices are important in preventing influenza transmission.

WEAR MASK



80% LESS LIKELY

to be diagnosed with the illness for people who used masks, including N95 and surgical masks.⁵

The chance of people spreading their body fluids, after touching their noses or mouths, is also reduced.¹

pathogens, droplets, aerosols



Only when alcohol solutions containing

60%-95%

OF ALCOHOL are most effective in inactivating microorganisms or temporarily suppress their growth.³

USE HAND



SANITIZER



20s ⌚

However, soap and water remain to be the most effective when hands are visibly soiled and greasy.⁷

USE DISINFECTANT



AT LEAST 80% OF MICROORGANISM

could be killed by most disinfectants², 1 in 99 diluted disinfectants⁶.

AND UP TO 99.9% OF MICROORGANISM

could be killed by using high consistency disinfectants², 1 in 49 diluted disinfectants⁶; or by using 75% alcohol wipes⁴.

Using water:



Using 75% alcohol wipe:



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CHAN KA NI
LEE CHUI YING
MA TSZ TSUN
NG SIN YING