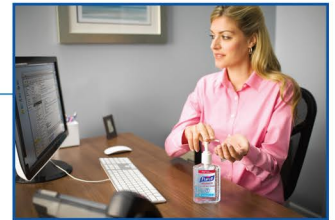


Influenza (Flu) Season is Coming: Are You Ready?

1. Perform hand hygiene often.

It's one of the most important measures to stay healthy all year long. Hand hygiene includes either handwashing or using an alcohol-based hand sanitiser.



2. Avoid touching your eyes, nose, and mouth.

Germs from your hands can enter your body through your eyes, nose and mouth. Make a conscious effort to avoid doing so.



3. Cover your cough or sneeze.

Cough or sneeze into your sleeve or into a tissue and perform hand hygiene immediately after.

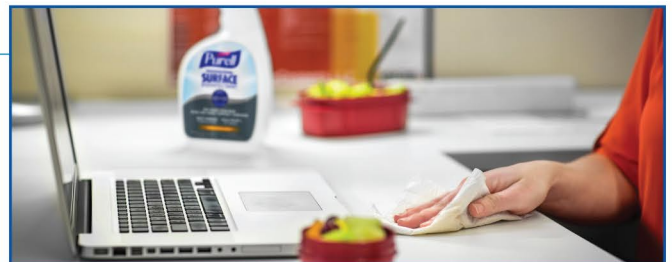
4. Stay home if you are sick, and limit contact with others as much as possible.

If you have a fever, a good rule of thumb is to stay home for at least 24 hours after your fever is gone, but always follow your healthcare facility's policy. Coming to work sick is harmful to patients and co-workers.



5. Clean and disinfect surfaces often.

Contaminated surfaces play an important role in pathogen transmission. Influenza viruses generally can survive on surfaces for several hours¹. Since we frequently touch surfaces with our hands, cleaning surfaces often can help prevent our hands from becoming contaminated.



Fight the Flu with the PURELL SOLUTION™

A complete set of products that includes hand soaps, hand sanitisers, hand wipes and surface disinfectants, with new dispensing innovation and breakthrough formulation, to more holistically fight the spread of germs.



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