

Prepare To Protect

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It's important that we prepare to protect by taking simple measures that safeguard our health. Here are a few health tips on how to prepare to protect against the Corona Virus.



Devices such as phones, tablets and laptops are frequently handled and can carry thousands of germs. Clean the common surfaces you touch with antibacterial wipes.



Medications are prescribed by doctors for specific illnesses and symptoms, taking into account your body's chemistry and your overall health. If you think you are sick, don't self medicate. Seek medical help and follow your doctor's instructions.



One of the easiest ways to #PrepareToProtect is to avoid contact with persons who are sick. If you are feeling ill, avoid spreading germs by walking away from persons to sneeze or cough, or do so using tissues which you can then dispose of. Whether you are sick or not, washing your hands is the key to limiting the spread of germs.



Some research suggests that we touch our face over 23 times an hour. This common habit however can spread infections and germs to our eyes, nose and mouth. Prepare to protect by practicing these simple tips on curbing the habit:

1. Keep a box of tissues nearby and use a tissue instead of your fingers to touch your face.
2. Identify what triggers you to touch your face and minimize the trigger where possible.
3. Remember that not touching your face is only one way to #PrepareToProtect. Clean fingers are our best bet, so be sure to wash your hands often, with soap and water.



#PrepareToProtect by thoroughly washing your hands for at least 20 seconds continuously. Handwashing with soap removes germs from hands which helps prevent infections and harmful bacteria from spreading.