

Moments at the Sink, or Days Ill in Bed?

**Wash hands for 30 seconds to prevent
common colds**

The common cold is the biggest cause of days off work. There is no cure, but you can take easy steps to minimize the chance of catching a cold or other viral infection in the first place.

Washing your hands properly is the best way to avoid a cold.

Wet your hands and use enough soap to cover the entire surface of both hands. If soap and water are not available, an antibacterial gel sanitizer can be used instead.

