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.