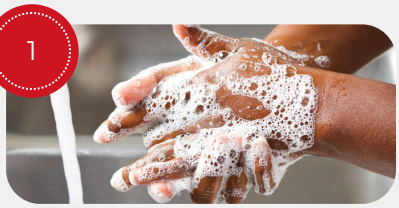
12 months, 12 tips to fight infections

1



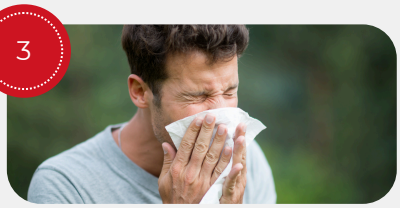
Wash your hands often: especially before eating, after using the toilet, and when you get home.

2



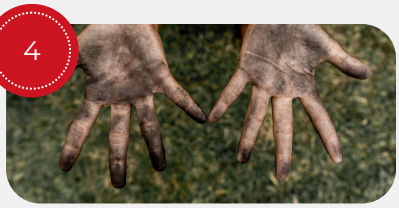
Keep your vaccinations up to date: follow the vaccination recommendations that apply to you.

3



Cover your mouth and nose when coughing or sneezing: use a disposable tissue or the inside of your elbow.

4



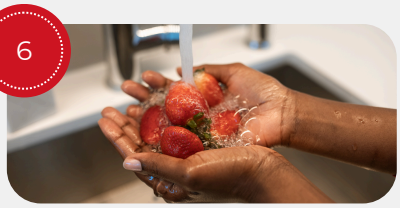
Avoid touching your face with dirty hands: especially your eyes, nose, and mouth.

5



Ventilate enclosed spaces: renewing the air helps reduce the risk of transmitting some respiratory infections.

6



Handle food safely: wash foods that require it thoroughly and prevent cross-contamination between raw and cooked foods.

7



Drink safe water: especially when travelling to areas where you cannot guarantee the quality of the water.

8



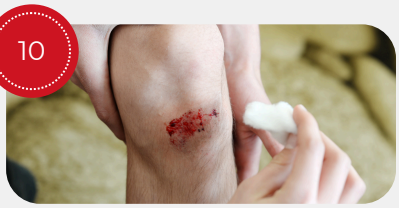
Protect yourself from mosquitoes and other vectors: use appropriate protective measures, especially when travelling.

9



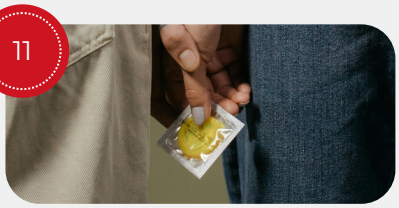
Do not take antibiotics without medical advice: only use them when prescribed by a healthcare professional.

10



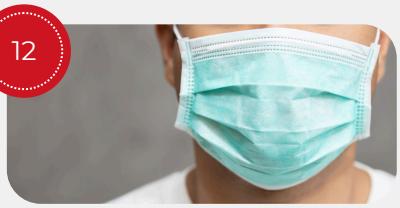
Clean and protect wounds: clean them properly and watch for possible signs of infection.

11



Protect yourself against sexually transmitted infections: use protection and get tested when indicated.

12



If you are ill, protect others too: take measures to reduce the risk of passing the infection on to people around you.

Fight Infections Foundation

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