**Prevention of Respiratory Tract Infection**

**What is respiratory tract infection?**

When someone coughs or sneezes, small droplets containing germs are spread in the air and infect other people. Examples: Influenza, Pneumonia, Tuberculosis (TB)

**Route of transmission:** By droplets or air-borne

**Prevention of spread:**

1. **Cover the nose and mouth with tissue paper when coughing and sneezing**
2. Don’t spit
3. Wrap up sputum in tissue paper before proper disposal
4. Hands should be washed if contaminated

**To minimize chance of infection:**

1. Wash hands frequently
2. Keep the living environment hygienic and well-ventilated
3. Avoid going to over-crowded or poor ventilated places
4. Balanced diet
5. Adequate rest and exercise