

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

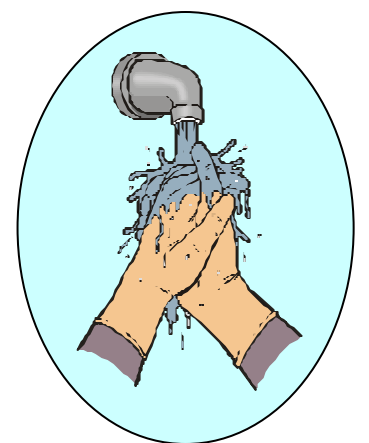
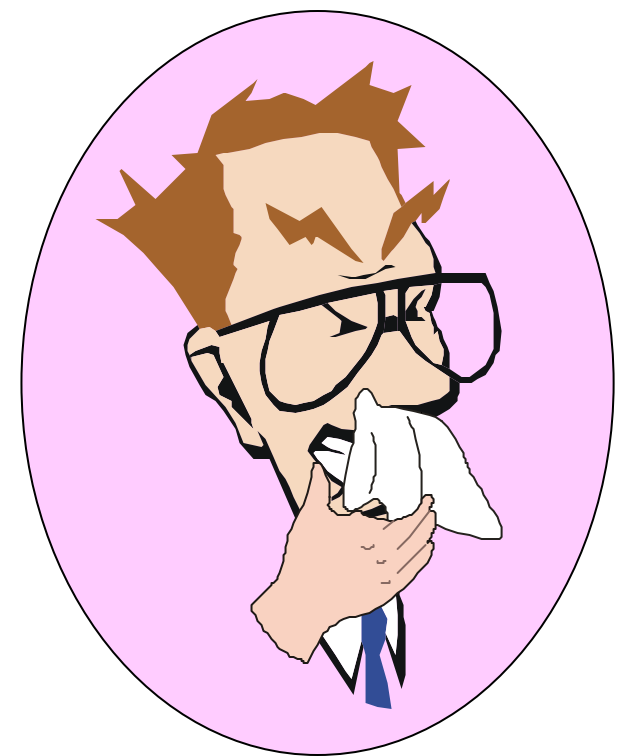
Prevention of spread:

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

