



Tips to help prevent the spread of colds

Common colds are usually caught from other people who have colds. Common colds can be passed on through touching hands or objects (e.g. tissues and toys) or by breathing in droplets from sneezes or coughs.

To help prevent the spread of colds, encourage children (and adults) to:



- cover their mouth when coughing or sneezing
- keep hands away from their eyes, nose and mouth
- throw tissues away after blowing their nose
- wash hands thoroughly with soap, particularly before eating food and after blowing their nose
- avoid sharing cups, glasses and cutlery.

See your doctor if you are concerned about your child's health.

For more information, go to the 'parents & carers' page of the www.gottacold.com website, produced by the National Prescribing Service Ltd.

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