

Prevent infections...
It's Your Responsibility

7. Prevent Sexually Transmitted infections (STIs)



- The most reliable way to avoid transmission of STIs, including HIV infection, is to be in a long-term mutually monogamous relationship with an uninfected partner.
- Latex male and female condoms, when used consistently and correctly, can reduce the risk of transmission of STIs.
- If you are diagnosed with an STI, notify your partner so they can be tested and receive treatment if needed. If your partner is diagnosed with an STI, you need to be evaluated, tested, and treated.

8. Get Vaccinated



Follow Health Authority- Abu Dhabi (HAAD) guidelines regarding childhood & adulthood vaccination regimen. If you are planning to travel, consult your doctor **1 month** prior travelling

9. Animals and Pets



Animals can carry germs that infect people and make them sick. Make sure to wash your hands with water and soap after touching animals or visiting a zoo. Make sure that your pet's vaccinations are up-to-date.



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Stop the
Spread

800 555  اتصل على
JUST CALL

www.haad.ae

Stop the spread of germs that can make you and others sick!

Why adopt healthy habits?

Adopting healthy habits into a person's lifestyle reduces the risk of acquiring & transmitting infectious diseases in the community.

What are the healthy habits?

1. Wash your hands often with soap and water



Make sure that you wash your hands with clear running water & apply soap.

Rub hands for at least 20 seconds, then rinse and dry with clean tissue/towel.

Make sure to wash your hands before and after:

- Preparing and eating food
- Caring for sick individuals
- Using the toilet or changing diapers

Wash your hands after:

- Coughing, sneezing, or blowing your nose
- Touching an animal or pet
- Handling garbage or any dirty object

2. Cover your mouth when sneezing & coughing



- Sneeze, blow your nose or cough into a disposable tissue, and discard the tissue immediately into a bin.

Droplets from coughs and sneezes travel farther than you think!

- If tissues are not available cough/sneeze into your elbow; avoid using your hands.

3. Clean commonly used surfaces



Germs can survive on surfaces for a week or more. Cleaning commonly used surfaces with soap and water or disinfectant is important to prevent infections. Make sure that your bathroom, kitchen and doorknobs are cleaned regularly.

4. Handle & Prepare Food Safely



- Wash hands, utensils, and surfaces often when preparing any food, especially raw meat.
- Always wash fruits and vegetables before eating.
- Cook and keep foods at proper temperatures. Don't leave food out - **refrigerate promptly.**
- Avoid eating raw or undercooked food.

5. Don't share personal items



Toothbrush



Towels



Nail Clippers, Buffers & Files



Makeup & makeup tools



Razors & shaving machines



Drinks

6. Stay home when sick



Staying home when sick not only prevents you from sharing your viruses with the community, but helps you rest and get better quickly.