

IT'S IN YOUR HANDS

KILL 99% OF GERMS THIS WINTER

Prevent colds and flu this winter:

- Wash your hands with antibacterial soap
- Cover your nose and mouth when you sneeze or cough
- Don't touch your face – viruses enter through the eyes, nose and mouth
- Keep your distance from individuals who have flu-like symptoms
- Drink plenty of fluids – water flushes viruses out of the body
- Eat foods containing phytochemicals – natural chemicals found in dark green, red and yellow vegetables
- Eat yoghurt – beneficial bacteria found in yoghurt stimulate the production of substances which assist the immune system in fighting colds and flu
- Exercise regularly – oxygen is pumped through the body and sweating increases the body's natural virus-killing cells
- Get plenty of fresh air – most people stay indoors in cold weather to keep warm but be sure to leave some windows open to improve airflow and chase out viruses



IT'S IN YOUR HANDS

Protex[®]

By washing your hands more frequently with soap, you can improve the health and hygiene of your family and yourself.

Bryan Habana

Bryan Habana
Protex Brand Ambassador

Protex
CLEAR

Protex
BALANCE

ELIMINATES 99% OF COLD AND FLU VIRUSES

Regular hand washing with soap and water is one of the most effective and most overlooked ways to prevent disease. Taking little time and effort, this simple habit can play a critical role in protecting your health and that of your family.

Always wash your hands:

Before

- Eating or preparing food
- Touching an ill person
- Treating wounds or dispensing medicine
- Inserting and removing contact lenses

**Eliminate 99%
of the bacteria
commonly
found on
your skin**

After

- Blowing your nose, coughing or sneezing into your hands
- Preparing food, especially raw meat, fish or poultry
- Touching an ill person
- Treating wounds or dispensing medicine
- Using the toilet
- Being outside (playing, gardening, walking the dog)
- Touching an animal (animal toy, leash, waste)
- Cleaning the house
- Changing a diaper
- Handling garbage or objects that could be contaminated (cleaning cloth, dirty shoes, soil)

Naturally, you should wash your hands when they look dirty.

Use an antibacterial soap proven to effectively inhibit the re-growth of bacteria that can cause common skin infections

Create a barrier of protection that continues to protect when ordinary soaps no longer do

The first defence against sickness and the spreading of germs is to **wash your hands correctly**. Use warm, running water and an antibacterial soap. Lather well, rubbing your soapy hands together for at least 20 seconds. In addition to the hands, take care to wash your wrists, palms, back of hands, between the fingers and under your finger nails. Rinse thoroughly and dry well with a clean dry cloth or paper towel. Wash your hands with your children to show them how it is done. The seconds you spend minimising the spreading of germs could save you, your family and others, trips to the doctor.

Antibacterial soap kills the flu virus

The cold facts

Various germs cause numerous types of illness including the **common cold or flu**. When we cough, sneeze or talk we release minute germ-filled droplets into the air. Anyone within a three foot radius can inhale these droplets. Colds and flu are spread this way.

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