

LIFESTYLE LESSONS

Personal risk management tips provided by: Robison & Co Ltd

Did You Know?

On average, 8,000 people in the United Kingdom die each year from the flu, according to the NHS. Even though that is a small percentage of the total number of people that contract the flu each year, it's nevertheless important to protect yourself, your family and your home from flu germs, especially as the NHS gears up for the worst flu season in its history. To safeguard your home from flu germs, heed the following guidance.

How to Flu-proof Your Home

- 1. Get the flu jab.** According to recent studies, by getting a flu jab, you can reduce your risk of getting sick by 40 to 60 per cent.
- 2. Cover coughs and sneezes.** Flu germs most easily travel through droplets from the mouth and nose. By covering them with your hands or the crook of your elbow, you can ensure that the germs stay contained. However, if you use your hands, be sure to wash them afterwards.
- 3. Limit contact with family members who are ill.** If family members have the flu, make sure that they stay home so they don't infect anyone else. Also, limit your contact with them so you don't get sick.
- 4. Clean your home.** Flu germs are hardy and can live on objects for up to 24 hours. That is why you should pay extra attention to the following objects when you're cleaning:
 - Doorknobs
 - Light switches
 - Tap handles
 - Your phone
 - Tables and desks
 - Your keyboard and mouse
- 5. Practise healthy habits.** While this may seem like common sense advice, it's important that you get plenty of sleep, drink plenty of fluids, exercise regularly, and eat plenty of fruits and vegetables to reduce your risk of getting sick.

Healthy Hints for Flu Season

Even though it's pervasive, you can reduce your chances of contracting the flu if you remember to wash your hands properly with soap and water for at least 20 seconds. If you cannot easily get to a sink, carry a small container of hand sanitiser and use it after sharing any sort of object, coming into contact with other people and before eating. Also, try and avoid touching your nose, mouth and eyes, which are flu germs' preferred entry into your body.

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