HYGIENE

Various germs causes numerous types of ilness including the comon cold and flu. When we cough, sneese 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 spred this way.

According to Dr. W Kumalo, the first defence against sicknes and the spreading of germs is to wash your hands correctly.

Use warm warm, running water and antibakterial soap. Lather well, rubbing your saopy hands together for at least 20 seconds.