

## Activity 2: Group methods to prevent diseases

<b>How disease is spread</b>	<b>Methods to prevent spread of disease</b>
<b>In food</b>	<p>Wash your hands with soap and water.</p> <p>Do not leave food at room temperature.</p> <p>Keep the kitchen, toilet and surroundings clean.</p> <p>Wash raw unpeeled fruits and vegetable before eating them.</p> <p>Keep food covered.</p> <p>Wash knives and working surfaces in the kitchen with hot soapy water after using them.</p>
<b>In water</b>	<p>Only drink safe, clean water. Boil water from rivers or reservoirs, or treat it with bleach to kill germs.</p> <p>Do not use rivers or other bodies of water as a toilet.</p>
<b>In body fluids</b>	<p>Cover your nose and mouth when you cough or sneeze.</p> <p>Keep wounds covered with a plaster and do not touch other people's open wounds.</p>