Stay home when you are sick.

Limit the time children spend in childcare.

Cough or sneeze into your elbow or cover your mouth and nose with a tissue.

Wash your hands with soap and water often.

Avoid close contact with others.

Clean surfaces such as doorknobs and mobile phones often.

Wash solid toys and consider getting rid of soft ones.

For more info, visit [hn.org.nz/rsv](http://hn.org.nz/rsv)