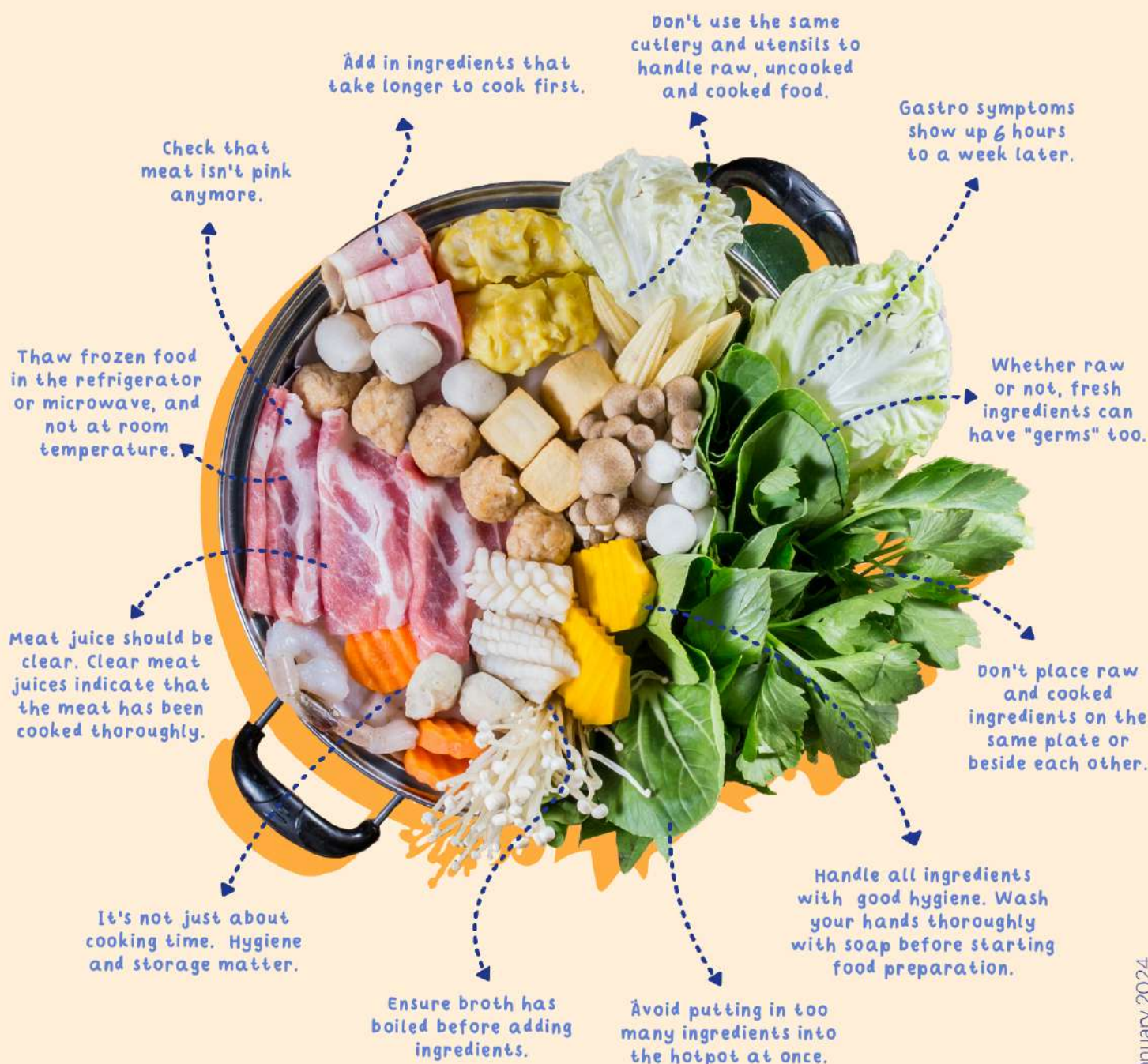


HOTPOT ETIQUETTE TO KEEP STOMACH FLU AT BAY

In consultation with Dr Shirley Bong, Associate Consultant, Division of Gastroenterology, Department of Medicine, **Ng Teng Fong General Hospital** and a practicing gastroenterologist at **National University Hospital**.



Gastroenteritis is contagious. Sharing utensils or sauces increases the risk of contracting gastroenteritis, and transmission can also occur through touching contaminated surfaces or direct contact with an infected individual.

-- Dr Shirley Bong

