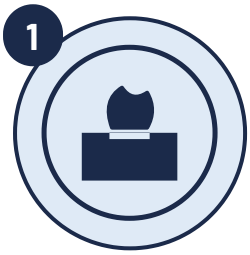
STAYING HEALTHY

Stop germs spreading

Four habits that protect you and others

1



Cover

Cough or sneeze into a tissue.

2



Bin it

Put the tissue in the bin straight away.

3



Wash your hands

Use soap and water for at least 20 seconds.

4



Fresh air

Open a window when you can.