STOP GERMS SPREADING

Coughs and sneezes

No tissue? Cough or sneeze into your elbow.

1



Catch it

Cover your mouth and nose with a tissue.

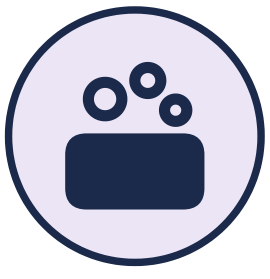
2



Bin it

Put the used tissue in a bin straight away.

3



Clean your hands

Wash with soap and water, or use hand sanitiser if you cannot.