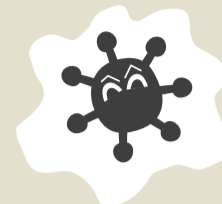
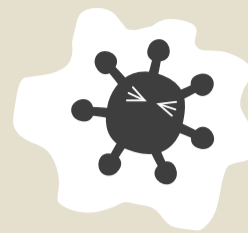


# Help stop the germs spreading this Winter

COVID-19



## Catch 'em

Always cover your mouth and nose when you cough and sneeze with a tissue or cloth.

## Bin 'em

Germs can live for hours on a tissue. Put your used tissues in the bin straight away.

## Kill 'em

Hands can spread germs onto everything you touch.

Wash your hands for 20 seconds straight away and dry them properly.

Follow these steps to help keep our community safe, healthy and strong.