

Let's all do our part.

Stop the spread of germs by following these 3 simple steps:

Catch It.

Cover your nose and mouth when you cough or sneeze.

Hands can transfer germs to every surface you touch. Washing your hands and cleaning surfaces prevents the spread of germs.

Bin It.

Dispose of used tissues as soon as possible.

Make sure you continue to embed these routines at home so that this becomes part of normality to you.

Kill It.

Help prevent the spread.

This invisible virus is to be with us for some time so the more precautions we all take the lower the risks for everyone involved.

