

# BE RESPONSIBLE

to ensure you don't pass on your germs

## CATCH IT

Germs spread easily through the air and on many surfaces. Ensure you always carry tissues to cough or sneeze into.



## BIN IT

Germs can live for hours on tissues (and other surfaces). Ensure you throw your tissue into a suitable bin.



## KILL IT

Your hands can transfer germs to every surface you touch. Wash your hands properly for at least 20 seconds each time.

