

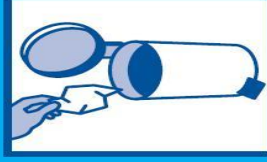
Coughs and sneezes spread diseases



always carry tissues



cover your coughs and sneezes



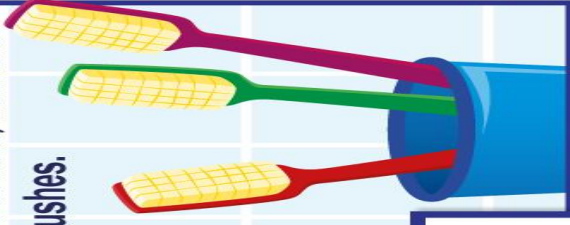
throw used tissues in a bin



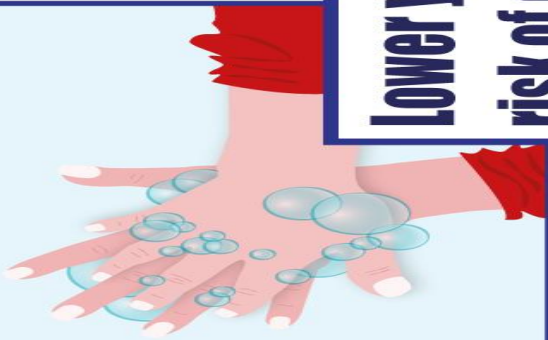
always clean your hands

Stop germs spreading

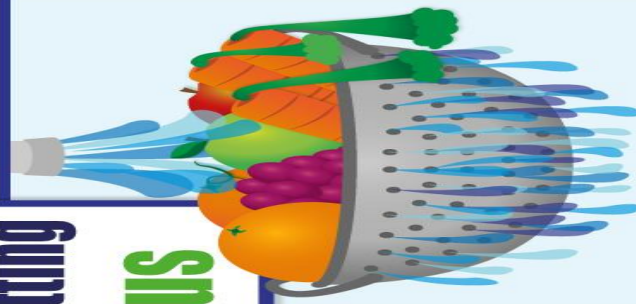
Don't share towels, flannels or toothbrushes.



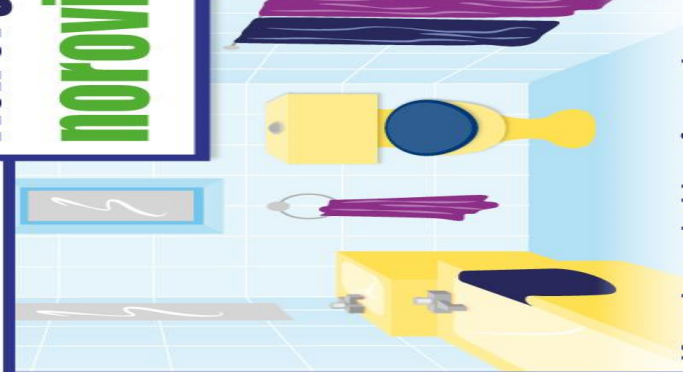
Wash your hands with soap and water.



Lower your risk of getting norovirus



Rinse fruit and vegetables well before eating them.



Keep household surfaces clean.

Washing Your Hands

- 1 Wet Hands** under warm running water.
- 2 Add Soap** to help kill germs.
- 3 Scrub** for at least 15 seconds.

 - Scrub the front and back.
 - Scrub between your fingers.
 - Scrub your wrists.
- 4 Rinse** well under warm running water.
- 5 Dry** hands with a clean towel.