

**CATCH  
IT**



**Germs spread easily**

**Always carry tissues and use them to catch your cough or sneeze**

**BIN  
IT**



**Germs can live for several hours on tissues**

**Dispose of your tissue as soon as possible**

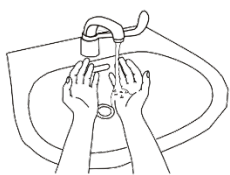
**KILL  
IT**



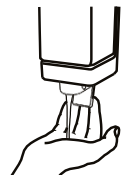
**Hands can transfer germs to every surface you touch**

**Clean your hands as soon as you can**

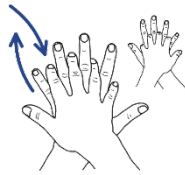
## **HANDWASHING TIPS**



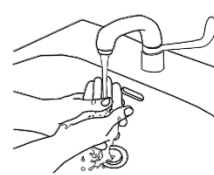
**Wet your hands**



**Apply soap and lather**



**Scrub for 20 seconds**



**Rinse thoroughly**



**Dry using a clean towel**

For more information please visit:

**NHS Inform** [nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19](https://nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19)

**GOV UK** [gov.uk/government/collections/coronavirus-covid-19-list-of-guidance](https://gov.uk/government/collections/coronavirus-covid-19-list-of-guidance)

**WHO** [who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/](https://who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/)