



# CATCH IT

Germs spread easily, use a tissue to cover your mouth and nose when you cough or sneeze. If you don't have a tissue cough or sneeze into your elbow / upper sleeve, not your hand.



# BIN IT

Germs can live for several hours on a tissue. Dispose of your tissue in a bin as soon as possible.



# KILL IT

Hands can transfer germs to surfaces you touch. Wash hands with soap and water or use an alcohol-based hand sanitiser.

**Remember, if you are feeling unwell you should be resting at home and not attending classes or work.**