



# HOW CAN YOU STOP VIRUSES FROM SPREADING?

**If you need to cough or sneeze**



**Catch it**  
With a tissue



**Bin it**



**Kill it**  
By washing your hands with soap & water or hand sanitiser

**You should wash your hands with soap & water or hand sanitiser**



**After breaks & sports activities**



**Before cooking & eating**

**SCHOOL ETC.**

**On arrival at any childcare or educational setting**



**After using the toilet**



**Before leaving home**

✓ **Try not to touch your eyes, nose and mouth with unwashed hands**

✓ **Do not share items that come into contact with your mouth such as cups & bottles**

✓ **If unwell do not share items such as bedding, dishes, pencils & towels**