



# I'm all over the place

Researchers at the University of Bristol found the average sneeze or cough can send around 100,000 contagious germs into the air.

## CATCH IT

Use a tissue to catch your cough or sneeze.



## BIN IT

Dispose of your tissue as soon as possible.



## KILL IT

Wash your hands as soon as you can.



*Original source from Public Health England campaign about how you can help stop the spread of viruses by practising good respiratory and hand hygiene available for download below.*

<https://campaignresources.phe.gov.uk/resources/campaigns/101-coronavirus-/resources/5016>