



# Wellbeing in Winter



## CATCH IT

Germs spread easily. Always carry tissue and use them to catch your cough or sneeze



## BIN IT

Germs can live for several hours on tissues. Dispose of your tissues as soon as possible



## KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can

While colds, flu, and viruses tend to circulate during the winter, maintaining good hygiene practices—such as regular handwashing and sanitising—can significantly reduce the risk of illness.

**Stop germs from spreading - 'catch it, bin it, kill it'**