

12. APPENDIX 'catch it, bin it, kill it'

Catch It	Bin It	Kill It
		
<p>Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.</p>	<p>Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.</p>	<p>Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.</p>

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