

YOUR COLLEAGUES NEED **YOU** TO



WASH YOUR HANDS

Soapy water destroys the virus.

- Completely cover your hands in soapy water and wash for 20 seconds.
- Whistle while you wash!
Whistle happy birthday twice.
- Always wash before you eat.
- Keep your hands away from your face, eyes, nose and mouth.



CPNI

Centre for the Protection
of National Infrastructure