

# 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.

**Working together  
to protect us all  
**COVID-19****



**CPNI**

Centre for the Protection  
of National Infrastructure