



# CATCH IT!

Always carry a tissue to catch your coughs and sneezes (and those pesky germs!)



# BIN IT!

Show the germs who is boss and throw the tissue into the bin!



# KILL IT!

Wash your hands really well with plenty of soap and water.

Sing Happy Birthday to your hands twice as you wash your hands with bubbly soap to get rid of any germs.



Find more downloads, information and advice at [www.monkeywellbeing.com](http://www.monkeywellbeing.com)

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