

**STAY
WELL
THIS
WINTER**

**YOU DON'T
KNOW
WHAT
YOU'VE
PICKED UP**

The most common way germs are spread is by people's hands.

By washing your hands regularly with soap and water, you can help protect yourself and those around you.



**Isle of Man
Government**
Reiltys Ellan Vannin

gov.im/handwashing

