



CATCH IT.



BIN IT.



KILL IT.

Please be aware of the following advice being shared by the Government and NHS to help halt the spread of any virus.

The most effective way of staying healthy is to wash your hands frequently, with soap and water for 20 seconds, 20 seconds is how long it takes to hum or sing two renditions of Happy Birthday!

This is especially important after going to the toilet, before eating, after blowing your nose, sneezing and coughing.

As a reminder, the Government messages are very simple:

- Keep your hands clean, wash regularly and thoroughly with soap and water
- Always carry tissues with you and use them to catch your cough or sneeze
- Bin the tissue, and to kill the germs, wash your hands with soap and water, or use a hand sanitiser if hand washing is not possible

Please follow the Government's advice if you have travelled to or returned from restricted or locked down areas and self-isolate if you are feeling unwell.

This advice is to encourage each of us to take personal responsibility to help protect ourselves as well as those around us - especially the most vulnerable.

If you do feel the need to self-isolate, we would love to encourage you to catch up on our Sunday messages that can be found under 'Sermons and Media' and we look forward to seeing you when you're feeling better.