

The 'Good Health' logo. The word 'GOOD' is in large, bold, black letters with cartoon eyes on the 'O's. Below it, 'HEALTH' is in white letters on a blue background. A blue arrow points from 'HEALTH' towards the right.

starts at

# HOME

**“We all wash our hands regularly to help bust the bugs!”**

Nasty bugs spread fast – and prevention starts with clean hands.

Encouraging the whole family to wash their hands removes dirt, viruses and bacteria and stops them spreading to other people, surfaces and objects which can spread illnesses such as food poisoning, flu or diarrhoea.



Find out more here about how good health can start at home.

