

Staying healthy and well in Youth Custody

Good hygiene habits can help all of us stay healthy and well in Youth Custody.

To protect yourself and others from germs:

- ✓ Always carry tissues with you and use them to catch your cough or sneeze.
- ✓ Bin the tissue, and wash your hands with soap and water.

Soap and tissues are available in all establishments. If you are having difficulty getting hold of them, please speak to a member of staff.

