Advice on Using Public Toilets

1. Be alert, minimise what you touch with your hands

2. Carry your own personalised ‘toilet kit’ (toilet roll, paper towels, hand sanitiser)

3. Close the toilet seat before flushing to avoid contamination within a small space

4. Avoid hand dryers, wash and dry your hands thoroughly with paper towels as per government guidelines (20 seconds)

5. Carry your Just Can’t Wait Card

www.bladderandbowel.org