

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**

