

Beat Winter Viruses and Handwashing Campaign

Public Health Wales is running a 'Beat Winter Viruses' campaign, which encourages people in Wales to take simple actions to prevent the spread of common illnesses this winter.

The campaign is particularly focused on encouraging people to wash their hands for at least 30 seconds at key moments throughout the day.

We'd hugely appreciate you helping us spread the message that handwashing is one of the best ways to prevent the spread of winter illnesses.

This is a poster that we hope you'll be happy to display in your workplace - [Handwashing infographic poster bilingual \(brandkitapp.com\)](#)

There is also an image available for digital screens : [Digital screen 16x9 \(brandkitapp.com\)](#)

Other campaign resources can be found on [Public Health Wales' online asset library](#). These encourage other behaviours that are important in preventing the spread of illnesses:

- Practicing good hygiene: covering coughs and sneezes, regularly cleaning surfaces and avoiding touching the face
- Letting fresh air in when possible
- Staying home when unwell

We'll update the asset library with the latest resources throughout the winter.

When sharing them, please feel free to tag or signpost people to Public Health Wales for more information.

The following are the details:

Campaign Webpage

Eng: <https://phw.nhs.wales/beatwinterviruses>

Cym: <https://icc.gig.cymru/pynciau/curo-feirysaur-gaeaf/>

Social Media Handles

X (TWITTER): [Eng](#) / [Cym](#)

FACEBOOK: [Eng](#) / [Cym](#)

INSTAGRAM: [Here](#)

For more information about the campaign, contact ishani.sen2@wales.nhs.uk