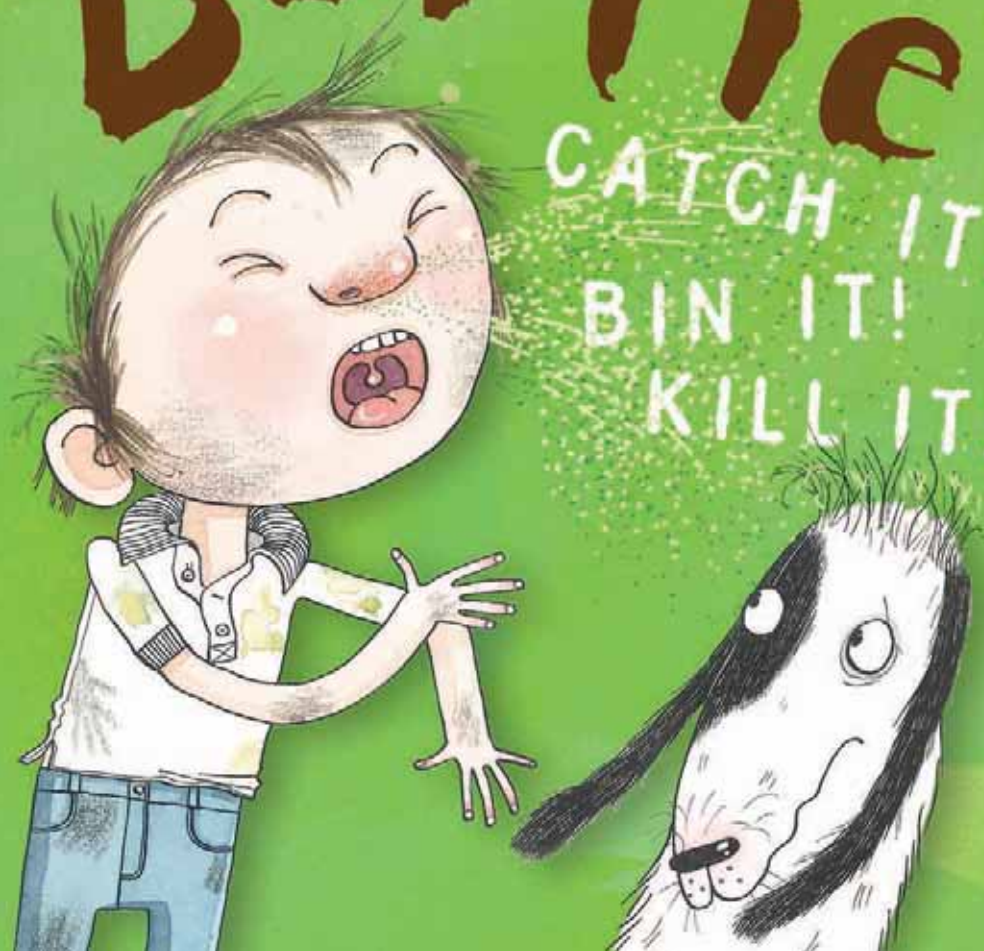


This is Dirty Bertie. He has revolting habits...

**NHS**

# Dirty Bertie!

CATCH IT!  
BIN IT!  
KILL IT!



One day, Bertie caught a cold. *Drip, drip, drip*, went his nose. *Sniff, sniff, sniff*, went Bertie. He coughed and spluttered, sniffled and sneezed. He was even more revolting than usual.



Mum handed Bertie a tissue. He stuffed it in his pocket and went on slurping his cereal. But before long he felt the next sneeze brewing...



At school that day, Bertie sat next to Donna. *Drip, drip, drip*. His nose dripped like a tap. Bertie wiped it on his sleeve.



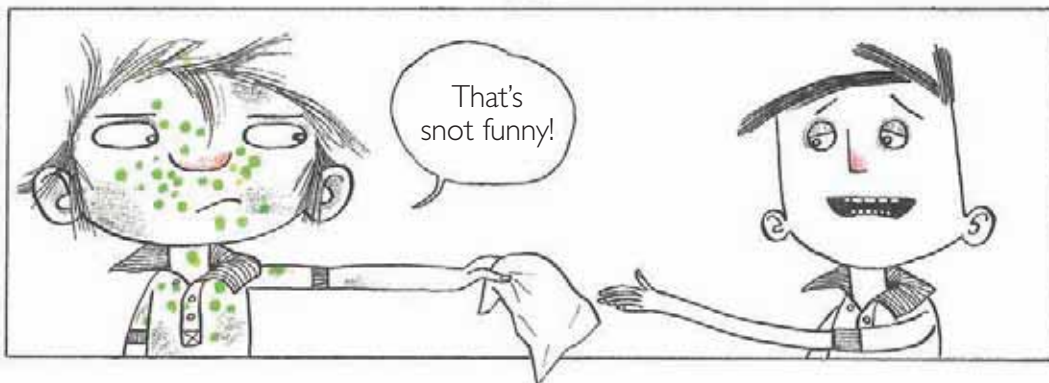
Bertie went to Gran's for tea. He tried not to sniffle, and when he coughed, he even remembered to use a tissue. But as he reached for a cake, Gran said...



Bertie trailed off to the bathroom.

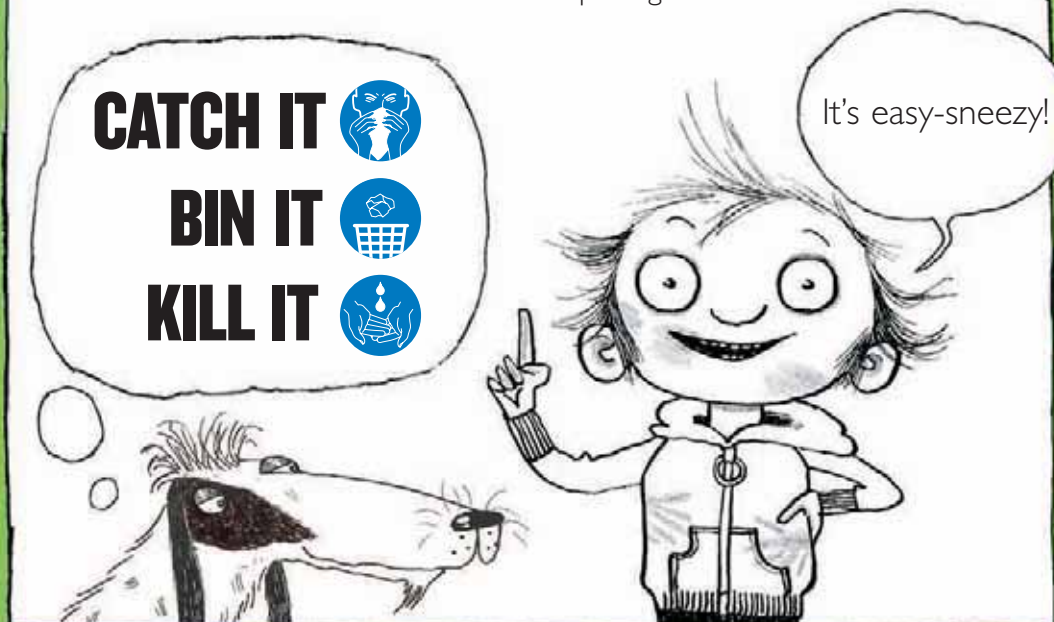


Bertie headed home feeling fed up – it wasn't his fault he had a cold. Why did everyone keep picking on him? He bumped into Darren coming the other way.








Dirty Bertie still has revolting habits –  
but at least he's learned to keep his germs to himself.



The Department of Health's **CATCH IT, BIN IT, KILL IT** campaign aims to encourage correct respiratory and hand hygiene practice to help reduce the spread of germs leading to colds, flu and other illnesses.

By following three simple steps, the spread of illness could be reduced:

- CATCH IT**  Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.
- BIN IT**  Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.
- KILL IT**  Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

For more information, please visit [www.dh.gov.uk/catchit](http://www.dh.gov.uk/catchit) where you will also find a brand new nursery rhyme about coughs and sneezes, available to download.

Dirty Bertie character created by David Roberts.

Story written by Alan MacDonald and illustrated by David Roberts.

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