We are letting you know about a very useful website called **Germ Defence** which was created by a team of doctors and scientists to give you **advice that has been proven to reduce the spread of viruses in the home**. It can help you plan how to **protect yourself and members of your family** from infection by COVID-19 and ‘flu.

**It’s easy to use and only takes 10 minutes - just click on this link:**

[www.germdefence.org/index.html?src=G82140](http://www.germdefence.org/index.html?src=G82140)

(If this link does not open when you click on it, please copy and paste it into your web browser.)

**Please pass details of the Germ Defence website to your friends and family.**

There’s a button at the bottom of the Germ Defence website for sharing by social media.

If you’d like to know more:

      Over 20,000 people previously took part in research about Germ Defence

      People who followed the advice in Germ Defence had fewer and less severe illnesses - and so did the people they lived with

     Results of the study were published in The Lancet medical journal

      Germ Defence has been updated with COVID-19 advice to help prevent a wave of COVID-19 and ‘flu this Autumn/Winter

     Information about how the Germ Defence website is being evaluated is available [here](http://www.bristol.ac.uk/primaryhealthcare/researchthemes/roll-out-of-germ-defence-website/).

