GERM DEFENCE STUDY

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=L83005](http://www.germdefence.org/index.html?src=L83005) (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/…/roll-out-of-germ-defence…/](http://www.bristol.ac.uk/primaryhealthcare/researchthemes/roll-out-of-germ-defence-website/?fbclid=IwAR2YRCbSEjr5BWOMf8-8FOauFBFWhP41VnnCszZtiqQFbv--LxpH9J4deHk)