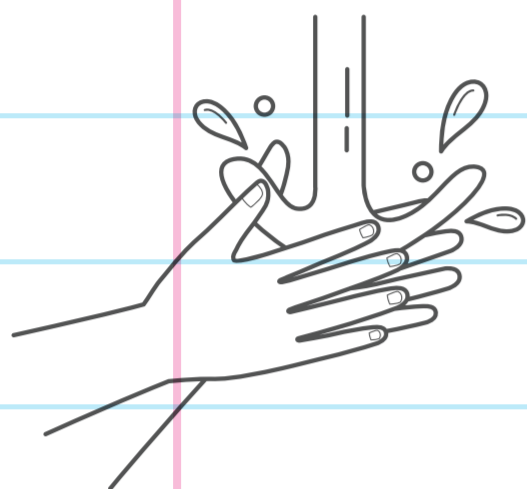


COVID-19:

What can YOU do?

1 Wash your hands



'Sing'

'Happy birthday' × 2 or
'Twinkle, twinkle little star'

Wash your:

- Palms
- Thumbs and between your fingers
- The back of your hands
- Under your nails and your wrists

2

When you cough or sneeze, put the bend of your elbow or a tissue over your nose or mouth



A virus can spread through droplets. You can breathe it in, or it can get into your body when you touch your mouth, nose or eyes.

3 Know where a virus can live



Hands, books, door handles, pens, phones, keyboards, tissues, light switches – almost anywhere you touch.

They get into your body when you touch your face.

4 Stop a virus in its tracks



1. Wash your hands with soap and water for 20 seconds.
2. Clean things you use every day.
3. Keep three or four big steps away when someone coughs or sneezes.
4. Don't rub your eyes or touch your face.
5. Don't share eating utensils, water bottles or towels – everyone gets their own.

5 It could be a cold or the flu

When someone coughs or sneezes, give them a clean tissue and stay three to four steps away.

A doctor can check if it is necessary to stay home.



REMEMBER:



a virus cannot live on clean hands. Only touch your face with clean hands.

Stay informed. Stay in the healthy zone.

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