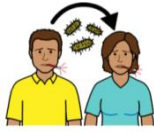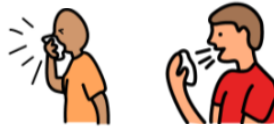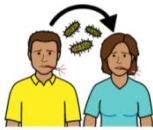# <u>Help to stop Coronavirus</u>

Coronavirus can spread easily from person to person.

Coronavirus spreads when we sneeze or cough.

There are things I can do to stop viruses spreading.

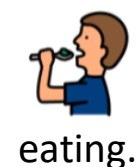It is very important I cover my mouth and nose when I sneeze or

cough.

It is best to cover my mouth or nose with a tissue, but my sleeve is

okay too.

It is very important that I wash my hands after coughing or sneezing

I should wash my hands often throughout the day, especially before

eating.

I should use soap and water to wash my hands. If I can't find soap,

then antibacterial gel is okay to use.

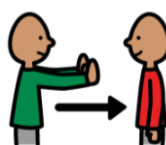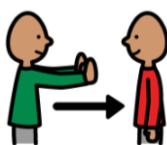When I wash my hands I can count to 20, or sing "happy birthday"

×2

two times. This makes sure my hands are clean.

I must try not to touch my face or put my hands in my mouth.

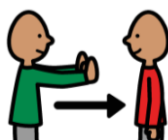I can also do something called "social distancing".

Social distancing means seeing less people. This won't be forever and
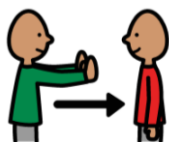
will be over soon.

This is to stop me and other people from getting poorly.

When social distancing, I will stay at home most of the time.

I will only go out for important things like food or to exercise. I will

keep a distance between myself and other people and not hug/kiss/
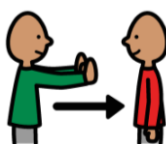
shake hands with others. I can still wave and say "hello".

I might not be able to go to school or see my friends. But I can keep

in touch with them over video or phone.

It is very important that I distance myself from older people, like

grandparents. This is because they can get poorly more easily.

I can stay healthy and happy at home, there are lots of fun things I

can do.