What can I do about Coronavirus?

There are 5 things we can do

1. Wash hands a lot
2. Try not to touch your face
3. Stay inside and away from crowded places
4. If you need to cough, use a tissue or into your elbow

5. If you have signs of coronavirus, stay inside for 14 days. This is 2 weeks.

1. Washing Hands

Washing hands with soap is a very good way to stay safe.

Its important to wash hands well:

Rub palms together.

The palms of our hands

Rub the back of both hands.

The backs of our hands

Interlace fingers and rub hands together.

In between fingers

1. Washing Hands

Back of fingers
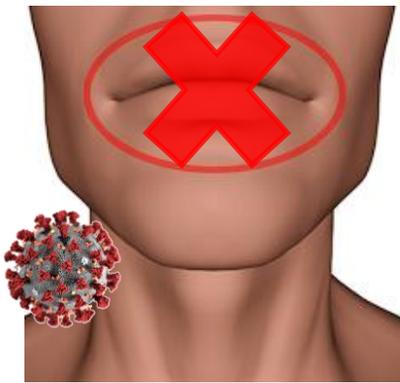
Thumbs

Fingertips

Wrists

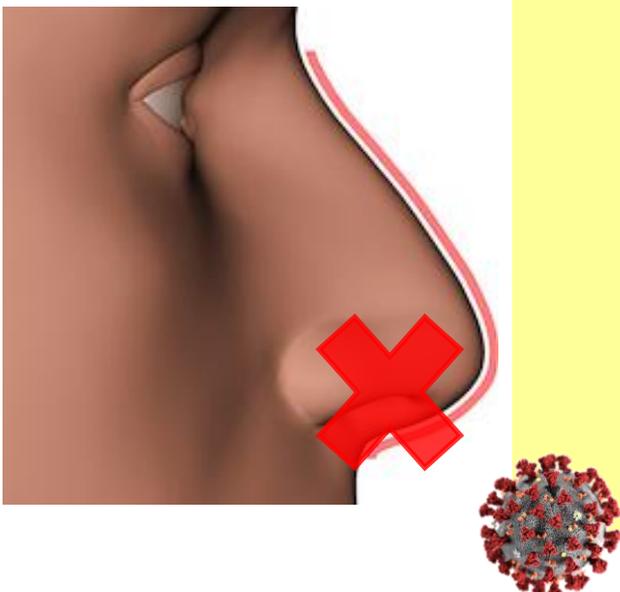Dry with a paper towel and throw it in the bin

2. Try not to touch your face
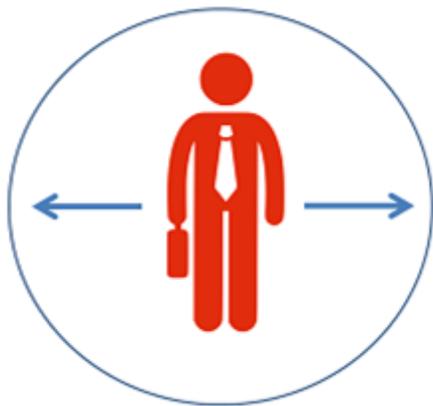
Try not to touch your face.

This stops the virus getting in your mouth or nose.

3. Stay inside and away from crowded places

Its best not to go out if possible.

If you do go out, try not to get close to other people

This can help keep you safe from Coronavirus

4. Cough into a tissue or your elbow

If you need to cough or sneeze, try and cough or sneeze into a tissue.
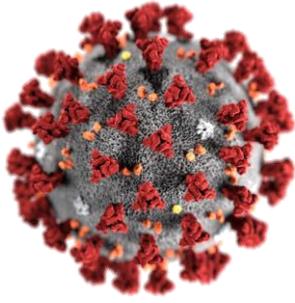
Throw the tissue away.

Then wash your hands.

If you dont have a tissue, use the inside of your elbow.

Wash your clothes at the end of the day

5. If you have signs of coronavirus.

If you or your staff think you might have coronavirus, its is important to stay inside

The staff will help look after you

It is important to stay inside for 14 days. This is the same as 2 weeks.