

How to

Stop the spread of Coronavirus



What is the Coronavirus?

Coronavirus is spread mainly through tiny droplets produced by coughing or sneezing. This means the disease can spread by being close to someone who is infected, or by touching surfaces or objects used by an infected person and then touching your mouth, nose or eyes.

Remember - GERMS ARE ALL AROUND US!



PREVENT!

To help stop germs spreading, **DO THESE SIX THINGS** and help your children to do them too.



WASH HANDS OFTEN with soap and running water or sanitiser.



Cover a cough or sneeze with a **CLEAN TISSUE** (and throw it away) **OR WITH YOUR SLEEVE.**



DO NOT TOUCH eyes, nose or mouth with unwashed hands.



DO NOT LET CHILDREN SHARE drinks, spoons or blankets.



CLEAN surfaces and toys thoroughly and regularly and **AT LEAST EVERY DAY.**



Help everyone to stay **AT LEAST 1 METRE APART.**