



This virus is tricky – many people who have it do not feel sick. But they still spread it to others, who can get very sick. So a hero wears a mask to protect everyone.



We can make a mask from 3 layers of material and some straps to keep it on.



How to wear a Hero Mask and stop the coronavirus from spreading



First – remember to always follow the 5 Hygiene Hero rules.



1. Wash your hands often with soap and water for 20 seconds to destroy the virus that could be on them.



2. Keep your hands away from your face so if the virus gets on them it doesn't go into your mouth, nose or eyes.



3. Cover your cough so, in case you have it, the virus doesn't spray everywhere.



1.5 metres

4. Stand 1.5 m away from other people so the virus doesn't reach you, or them.

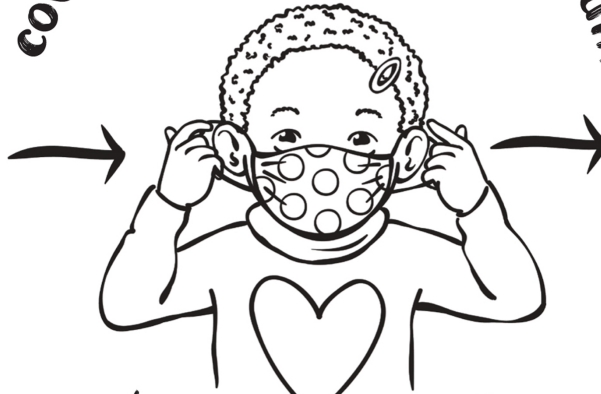


5. Stay home as much as you can to lower your risk of catching and spreading the virus.



wash your hands then put your hero mask on by the straps

cover your nose & your mouth
(because the virus goes in and out of people's mouths and noses)

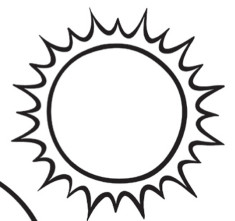


keep your hands away from your face & mask

(because the virus can get on the outside of your mask and on your hands)

take your hero mask off by the straps then

wash your hands



We only wear our own clean mask, sharing a mask could spread the virus as well as germs.



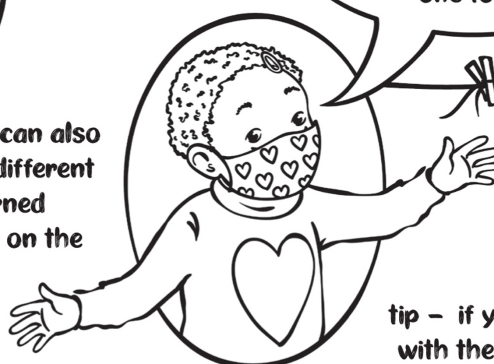
We can make a mark on the inside of our mask so we always know which one is ours. And which way round to wear it.



We can also use different patterned material on the inside and outside.



Wash your mask with soap and dry it in the sun. Both soap and the hot sun destroy the virus. It is best to have 2 masks so we always have a clean one to wear.



tip – if your friends can't hear you with the mask on then just shout!