

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.



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



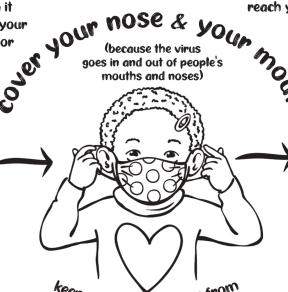
5. Stay home as much as you can to lower your risk of catching and spreading the virus.



wash your hands

then
put your hero mask
ON

by the straps



keep your hands away from your face & mask 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.

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

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.

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.





CORONA

We can also use different patterned material on the





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

