

Colour
this page

CORONA VIRUS

(also called Covid-19)

A virus is a kind of germ, It is very, very small and can make you sick if it gets inside you.

You're going to be OK!

38°C



It can give you a fever, a cough and trouble breathing.

HEY! YUCK!

SPREADS



When these droplets (infected snot) get into your

eyes nose mouth

money shoes toys mugs

(it gets on everything people touch, lick, cough, sneeze, breathe, spit on!)

Wash everything. Wipe all surfaces.

GOOD NEWS!

SOAP KILLS CORONA VIRUS

Fact: ordinary soap dissolves the fatty layer around a virus and it falls apart!

The virus can stay on things for a long time but not if soap gets to it first ...

Soap destroys viruses before they can get into your body

You can be a Hero and stop the virus from spreading and making people sick!

1.5 metres

you can keep away from people who are sneezing & coughing so you don't catch it

(social distancing)

you can stay away from crowds because you don't know who is sick

you can wash your hands often with SOAP. Wash them for 20 seconds - especially when you come inside, before you eat and after the toilet. (also before & after you pick your nose)

you can exercise, drink lots of water & eat lots of fruit & veg to stay healthy & strong

you can keep your unwashed fingers away from your FACE out of your NOSE out of your MOUTH out of your EYES

you can cough and sneeze into your elbow or a tissue - so snot doesn't go everywhere (cover that cough)

Most people will get better, but old people and people with health problems can get very sick!

Let's be careful for them.

you can be kind - we are all in this together

you can tell your friends