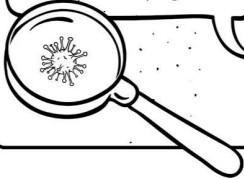


Colour
this page

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!



be a
Hero in my Hood

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

HEY!
YUCK!



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

Wash everything.
Wipe all surfaces.



SPREADS

when these



switches

handles

phones



money



shoes

toys

GOOD
NEWS!



Soap destroys viruses before they can get into your body

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

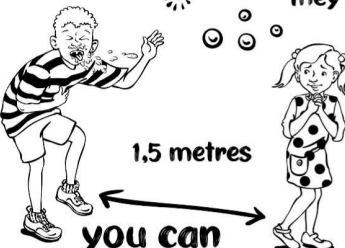
You can be a **Hero** and stop the virus from spreading and making people sick!



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)



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

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)



CORONA

you can be kind – we are all in this together

Let's be careful for them.

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



you can tell your friends

© www.hero-in-my-hood.co.za