



Staying Well

There are things we can do to stay well and avoid getting sick or spreading germs.



Wash your hands often with soap or hand sanitiser

Sing the happy birthday song twice every time you wash your hands or count to 20.



Wash your hands **before and after** you eat

Wash your hands **after** going to the toilet



Wash your hands **after** touching pets



Staying Well

If in public, use hand sanitiser after you touch things like:

- Handrails
- Door handles
- Shopping trolleys



Avoid sharing drinking glasses, bottles and cups with other people



Only use your towel **after** a shower or bath



Staying Well



Catch your cough or sneeze in your elbow



Stay away from people who are coughing or sneezing



Try not to touch other people. This means:

- No shaking hands,
- No hugging,
- No kissing
- No high 5s



Try not to touch your eyes, nose or mouth with your hands