



## How can I help to stop the virus?

There are a lot of ways to help stop the virus

Here's what you can do:

### 1. Make sure you wash your hands

- Wash your hands regularly throughout the day
- Wash your hands each time for at least 20 seconds
- Use lots of soap
- Clean all your fingers and under your fingernails



Use a clock to help you check how long it's taking or ask someone else to check.

### 2. Try to keep your hands off your face

- No rubbing your eyes
- No rubbing your nose
- No putting your hands in your mouth



### 3. Use a tissue

- Cough or sneeze into a tissue
- Put the tissue into a bin
- Cough or sneeze into your sleeve if you haven't got a tissue

