

Coronavirus – Keeping Safe

Many people are talking about the 'Coronavirus' at the moment because it's a new type of flu



Like cold and flu it's important to try and keep healthy

Children and adults are very good at fighting the flu

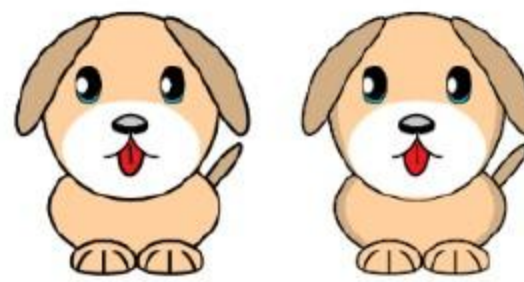


Like other flus, it can be difficult for older people and people who are already ill to stay healthy



I can help keep myself, and others, healthy by doing these things:

Wash my hands regularly, for about 20 seconds (or by singing 'dau gi bach' or happy birthday twice) with plenty of soap and water



Washing my hands especially after sneezing or coughing, blowing my nose, before eating, after being to the toilet, and if they're dirty



- Try not to touch my face or chew my nail
 - Cough into my elbow
 - Put dirty tissues in the bin
 - Staying home if I feel ill



Like most cold and flus the Coronavirus will go in a few months.

We can all help each other by trying our best to keep healthy.