ALL ABOUT CORONAVIRUS

Vocabulary and How To Stay Safe
WHAT TO DO TO STAY SAFE
Help to stop Coronavirus spreading:

- Wash your hands with soap and water often.
- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze. Don’t cough or sneeze into your hand.
- Put used tissues in the bin straight away and then wash your hands.
- Don’t touch your eyes, nose or mouth if your hands are not clean.
WASH YOUR HANDS

• To stop the virus from spreading wash your hands.
• If you leave the house wash your hands when you return home.
• Wash your hands well for 20 seconds OR sing the ‘Happy Birthday’ song in English twice!
Washing your hands properly

You should spend at least 20 seconds washing your hands with soap and water.

Follow these 6 steps:

1. Wash your hands together, palm to palm.
2. Wash the backs of your hands.
3. Wash in between your fingers.
4. Wash the backs of your fingers.
5. Wash your thumbs.
6. Wash the tips of your fingers.

https://www.gov.uk/coronavirus
WEARING A MASK AND GLOVES

• If you have a mask and gloves you can use them when you leave your house.
How to put on, use, take off and dispose of a mask

1. Before putting on a mask, wash hands with alcohol-based hand rub or soap and water.

2. Cover mouth and nose with mask and make sure there are no gaps between your face and the mask. Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.

3. Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

4. To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; wash hands with alcohol-based hand rub or soap and water.

https://www.who.int/docs/default-source/epi-win/how-to-use-mask-v0-1-print.pdf?sfvrsn=64ba1493_2
STAY AT HOME

- Stay at home as much as you can!
- If you do go outside please social distance (stay away from other people).
- Don’t touch your eyes, nose or mouth as this can spread the virus.
- If you see someone you know try a safe greeting, maybe one of these…