

Staying Safe from Germs



Cover your mouth and nose



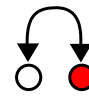
with a tissue



when you



cough



or



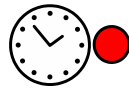
sneeze.



Do not use your hands.



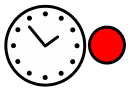
Put tissues into the bin



immediately after



using them.



Then



wash your hands



with soap



and



warm water.



Do not touch



your eyes,

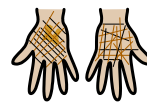


nose

or



mouth



with dirty hands.



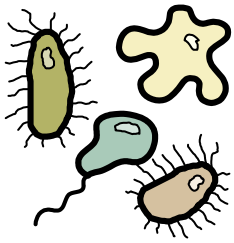
Try to avoid



close contact with



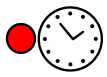
a person who is unwell.



Staying Safe from Germs



Wash your hand:



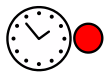
Before



leaving



home.



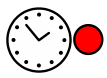
After



arriving



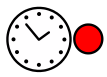
at school.



After



using toilet.



After



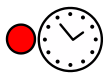
breaks



and



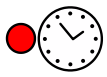
sports.



Before



preparing food.



Before



eating



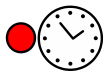
foods



and



snacks.



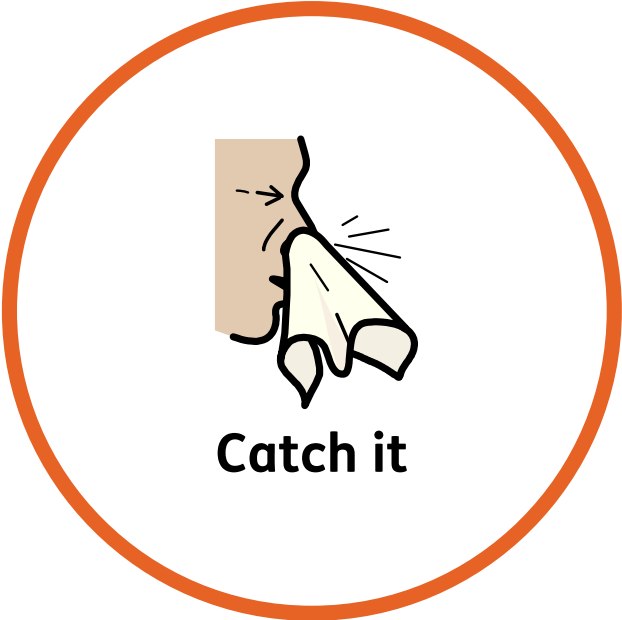
Before



leaving



school.



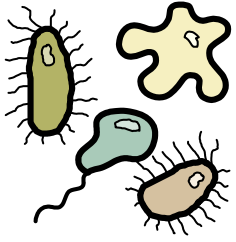
Catch it



Bin it



Kill it



Washing your Hands

1



lather with soap

2



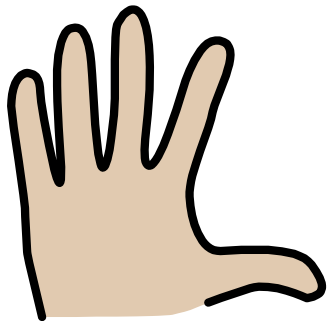
palm to palm

3



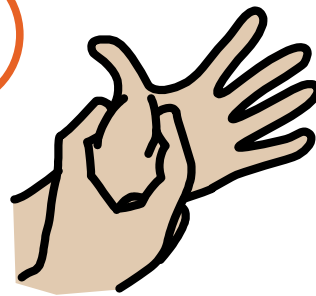
in between fingers

4



back of hands

5



thumbs

6



wrists