

Coronavirus DO's and DON'Ts



What is coronavirus?

- It's a new germ, it also goes by the name COVID-19
- It can make people sick, like the cold or flu
- It goes into the air when people who have the germ cough or sneeze and can make people close by get sick



DO's

- Wash your hands before you eat, after using the bathroom, and when you come inside
 - ▶ Sing Happy Birthday or the ABCs while you scrub your hands
- Cover your mouth with your elbow if you cough or sneeze
- Stay home – talk with friends and family on the phone and online
- Read a book
- Listen to music
- Watch a movie at home
- Stay active at home
- When you are outside, stay close to your family but keep 2 metres between yourself and other people
 - ▶ 2 metres is about the length of an adult bike



DON'Ts

- Don't touch your eyes and face
- Don't go to playdates, sleepovers or birthday parties
- Don't visit playgrounds

Ask a trusted adult to answer any questions you have, and tell them if you feel worried. It's normal to have questions.



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