

# Coronavirus



No need to panic, just to be smart.

**Don't panic, be prepared!**

# Tip #1- Hand washing

- If you happen to get germs on your hands, the best way to keep yourself healthy is to wash your hands very often.
- Best times to wash your hands (although there are no bad times!):
  - After using public transportation
  - Before and after eating
  - In between classes
  - When you get home
- When washing your hands, make sure to spend the right amount of time.
  - It helps to say the **ABC's** or sing **Twinkle Twinkle Little Star** twice.
  - Soap up for one song, and wash with hot water for another.
  - Get all up in the nooks and crannies.
- If you can't wash your hands, hand sanitizer works too!

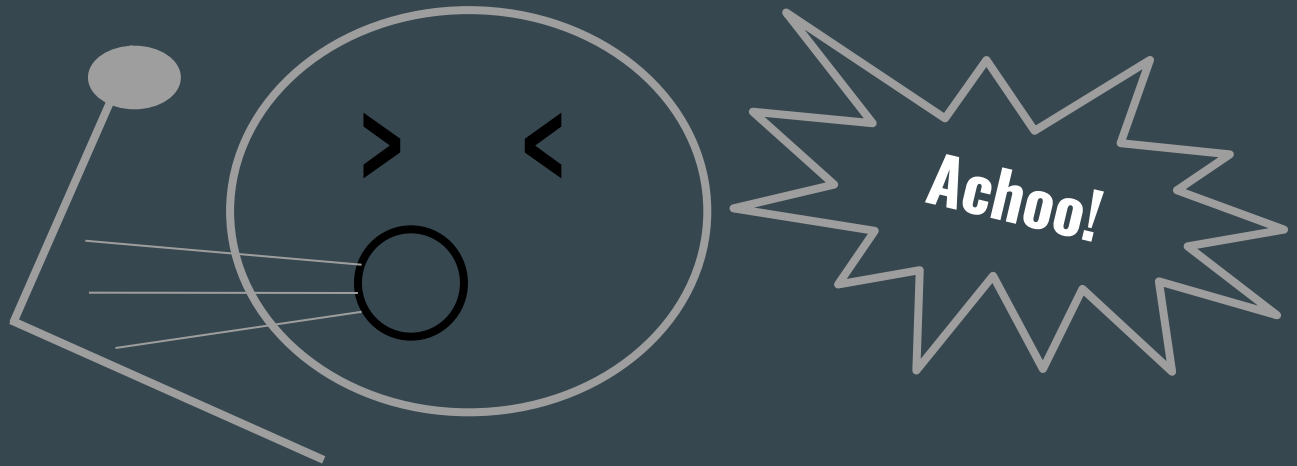
## Tip #2- Don't touch your face

- Just in case you do get germs on your hands and you don't know it, try not to touch your face!
- The easiest way for the germs to get into your body is through your face, so avoid touching your **mouth**, **nose**, and **eyes**; so basically your **whole face**!
- So by not touching your face, you will give yourself the best chance not to get sick.



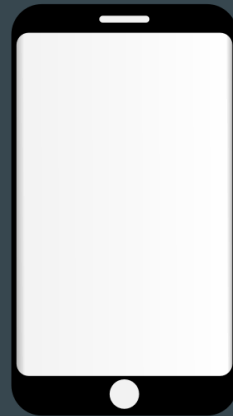
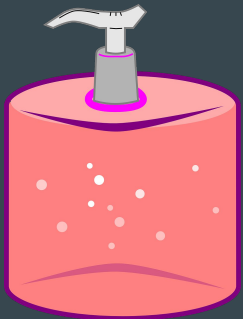
## Tip #3- Sneeze into your elbow, not your hands!

- If you happen to be sick with any kind of illness, sneezing into your elbow will protect other people and help you not spread germs.
- If you sneeze into your hand, or just into the world, the germs will be spread wherever you then touch. This is often how germs spread from person to person.



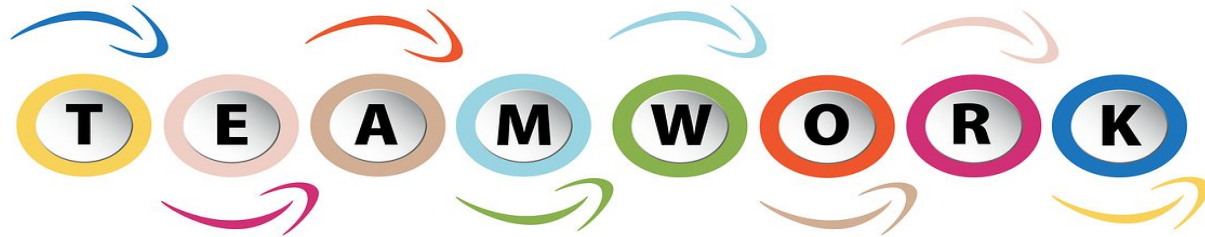
## Tip #4- Sanitize your phone!

- We all use our phones all... of... the... time... so whatever is on our hands is most certainly on our phones. Then, even if we wash our hands and then pick up our phones, it's right back on our hands.
- Take a paper towel, put some hand sanitizer on it, and rub it all over your phone. Then it is as clean as your hands!



# Tip #5- Think about others

- The virus may be much more serious for others than it is for you.
  - Someone might have a sick sibling, a grandparent, a baby, or someone else at home that the virus would be more dangerous for.
- If we make sure we are safe and healthy, we help others to be safe and healthy.



**So no need to panic, just  
be safe and healthy and  
help others be safe and  
healthy.**