COVID-19 EASY ENGLISHGUIDE

Bulletin 2 April 1st 2020

Title: STEPS TO PROTECT YOURSELF FROM INFECTION

WASH YOUR HANDS WITH SOAP AFTER

USING THE TOILET

WASH YOUR HANDS WITH SOAP AFTER

COUGHING OR SNEEZING

EACH TIME YOU WASH YOUR HANDS

USE SOAP AND COUNT TO 20

SOAP CLEANS AWAY GERMS AND PROTECTS YOU FROM INFECTION

DRY HANDS WITH A PAPER SHEET OR TOWEL.

BETTER TO WEAR DISPOSABLE GLOVES OUTSIDE OF THE HOME WHEN SHOPPING

IF NO GLOVES CARRY AND USE A HAND SANITISER

USE A HAND SANITISER OUTSIDE OF THE HOME USE IT BEFORE AND AFTER SHOPPPING

WHEN YOU RETURN HOME WASH YOUR HANDS WITH SOAP

HERE IS A LINK TO A VIDEO SHOWING HOW TO WASH HANDS TO HELP PROTECT YOU FROM INFECTION https://youtu.be/bQCP7waTRWU

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