

COVID-19 EASY ENGLISHGUIDE

Bulletin 2 March 31st 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 SHOPPING
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/>**