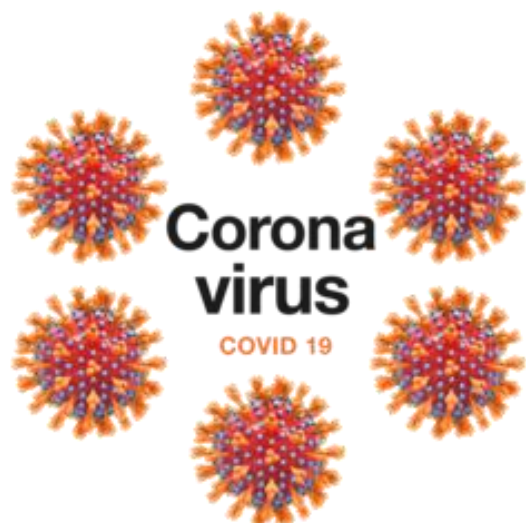# Covid 19: How you can look after yourself and other people

Lots of people are thinking about the best way to stop the spread of Covid 19.

What can you do?

- Cover your nose and mouth with a tissue when you cough or sneeze.

- Put any tissues you use straight into a bin.

- If you don't have a tissue, it is better to cough or sneeze into your sleeve than into your hands.

- Try not to touch your eyes, nose and mouth with your hands.

- Wash your hands after you cough or sneeze.

How to wash your hands

- Wet your hands under warm running water.

- Use a little bit of handwash or soap.

- Rub your hands together and make sure the soap and water cover all of your hands.

- Carefully wash your palms, the backs of your hands, between your fingers, your fingertips, your thumbs, your wrists and your nails.

- Rinse your hands under running water.

- Dry your hands with disposable paper towels.

- Turn off the tap using a paper towel or your elbow. This makes sure that your hands stay clean.

Keeping safe when you go out

- The government are working to keep us all safe and stop Covid 19.
- Some rules for going out are now different.
- Remembering the rules is important to keep safe and well.

Important rules are:

- Remember social distancing when you see people from outside your home:
  - seeing less people
  - not getting as close to them.
  - not touching people, including handshakes or hugs
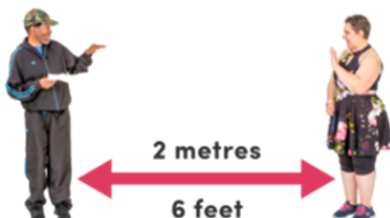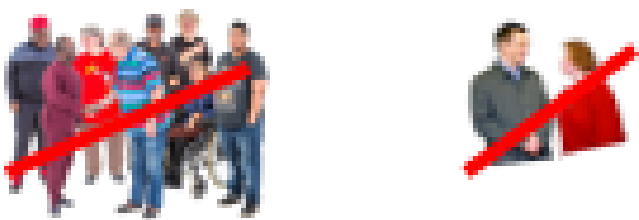
- Sometimes, when you go out it is hard to social distance. When this happens, wearing a face mask can help.

- Face masks help us protect each other and reduce how Covid 19 spreads.

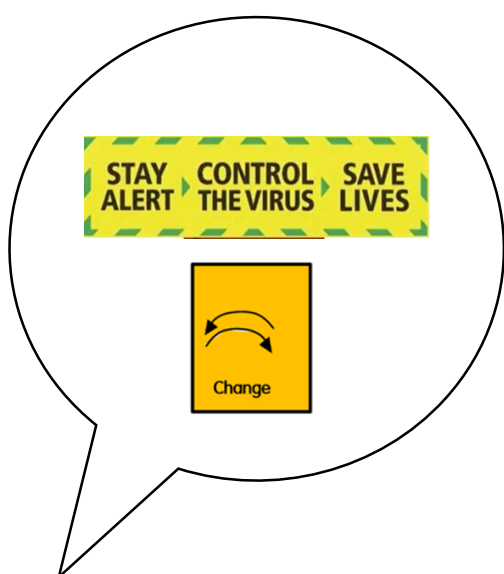- Wearing face masks could help when you travel or when you go into shops.
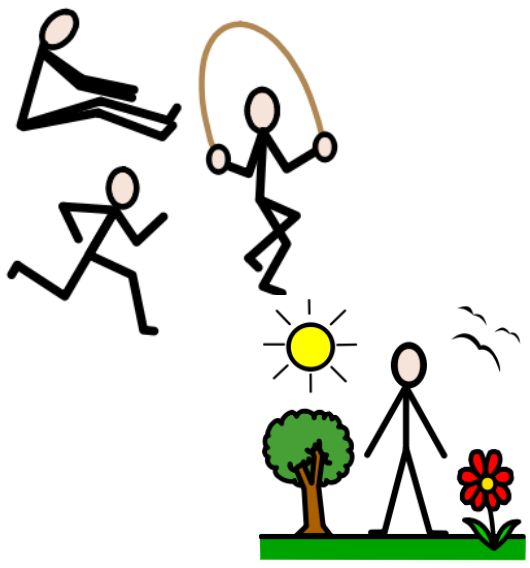
- Spending more time outside and going outside for exercise when you need.

- When you are outside you can meet 1 person from a different home, but remember social distancing.

2 metres
6 feet

- Remembering to wash your hands regularly and when you come back inside.

20 Seconds

- People who help you can talk more about what the new government rules mean for you and any other changes.

STAY ALERT CONTROL THE VIRUS SAVE LIVES

Change

This information was produced with thanks to Photosymbols and Widgit.