

HOW TO STOP THE SPREAD OF CORONAVIRUS (COVID-19)?



Coronavirus is a germ that makes people sick.



I can help myself and others stay healthy by washing my hands.



Washing my hands properly takes as long as singing "Happy Birthday" twice.



I can cough or sneeze into a tissue or my elbow.

FOR MORE INFORMATION:

Health Promotion | Swan Hill District Health

Phone: (03) 5033 9337 | Email: hpreception@shdh.org.au

Web: <https://eatmovesmile.shdh.org.au/> | Instagram & Facebook: eatmovesmile



Swan Hill
District Health



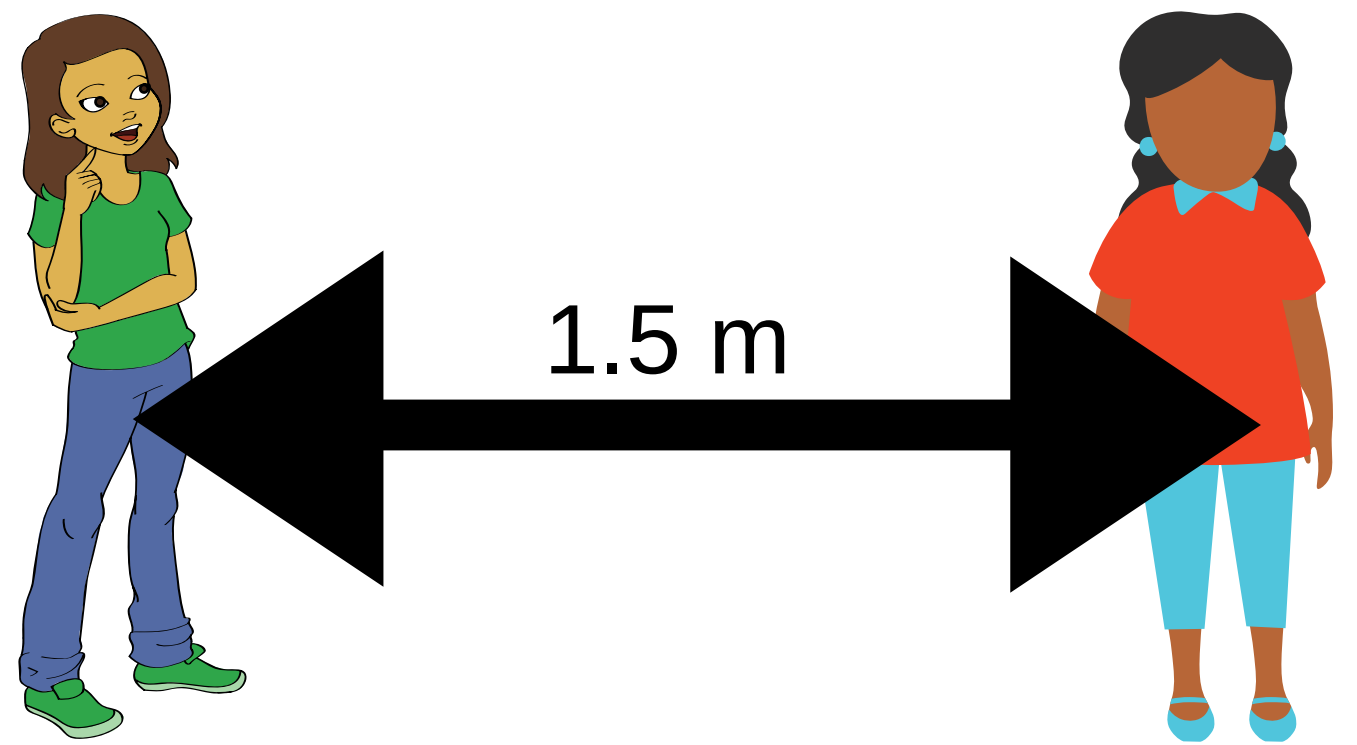
After using a tissue I can put it in the bin and wash my hands straight away.



I can also help by staying close to home.



I can stay in contact with my friends and grandparents by phone or video chat.



When I do go out I should stay 1.5 metres away from other people.



By doing all this I can help stop the spread of coronavirus.

THANK
YOU

for being a fantastic helper!