



# How to Stay Healthy



Wash your hands with soap and water often for at least 20 seconds



Wash your hands when you get home, to school or work



Use hand sanitizer if you can't use soap and water



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



Put used tissues in the bin and then wash your hands



Try to not get close to people who are sick



Do not touch your eyes, nose or mouth if your hands are not clean

