Don’t Spread Sickness!

1 **Wash your hands**
   Wash regularly with soap for at least 10-20 seconds. Do it after you sneeze or cough, after you use the bathroom, before you eat, and before you touch your eyes, nose or mouth.

2 **Cover your cough**
   When you cough or sneeze cover it with a tissue, or with the back of your sleeve. In some cases you may need to wear a mask to protect others. Always throw used tissues in the bin.

3 **Stay at home if you feel sick**
   Rest at home until you feel better. Avoid seeing too many other people.