

## KEEP YOURSELF HEALTHY: WHAT YOU NEED TO DO!

Stay at home if you are sick.



1

**Clean your hands often, using soap and water.**



2

**Sneeze and cough into your elbow, a safe distance from your friends.**

3

**Use paper tissues and litter them in a trash can.**



4

**Greet your friends from a safe distance.**



5

**Keep a one-meter distance (two steps away from each other).**



6

**Avoid touching your face (nose, mouth, eyes).**

