



## Here are some health recommendations

The recommendations intend to help you stay healthy and not get sick with a corona virus.

They are written in easy language.

The corona virus is a disease where you get cough and high fever.

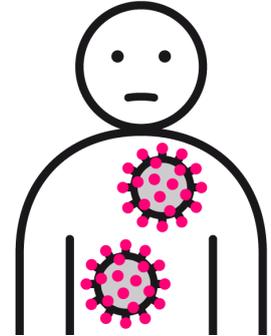
The corona virus makes many people ill.

Like the flu.

The best thing to do is to avoid corona.

If you want to avoid corona, you must follow these recommendations.

Also explain to other people around you how important these hints are.



### 1. Wash your hands often and thoroughly

Your hands must be washed frequently during the day.

Mouth, nose and eyes should only be touched with clean hands.

If you touch your face with dirty hands, you can get corona.

Use soap and water when you wash your hands.

You must wash your hands thoroughly and rub your hands firmly.

You also must wash them long enough.

One trick is to count to 20 when you wash your hands.

Then you have washed long enough.



You can also use a disinfectant.

Disinfectant is a specially produced liquid.

Disinfectants are in a special bottle.

You can also use it to remove corona from your hands.

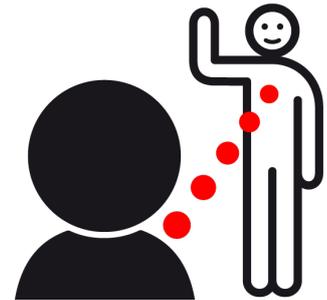


## 2. Do not get too close to other people.

People who often cough or sneeze may have corona and may infect others.

It is important to keep a distance from other people.

Especially people who cough or sneeze should not be touched or hugged.



## 3. Avoid touching your face (eyes, nose, mouth) with your hands.

If you have dirty hands, you first have to wash your hands.

This will keep the virus away from your body and you will stay healthy.

Wash your hands even if you have touched objects and furniture.



#### **4. It is also important to help others to stay healthy.**

Keep your mouth and nose closed when you sneeze or cough.

It is best to use a handkerchief or your elbow.

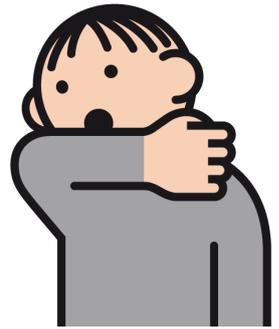
This is much better than using your hand.

Let your parents or carers know if you have a cough or fever.

They will help you get better.

You may be asked to wear a mask.

The mask is a good help and protects your environment.



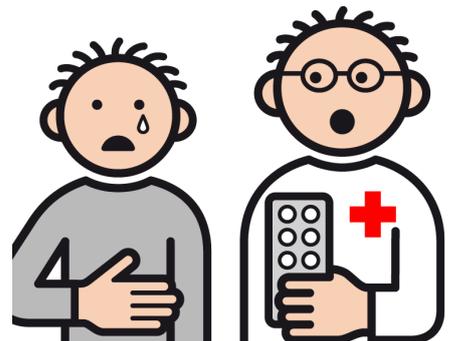
#### **5. Do what the doctor tells you.**

The doctor will help you to get better and gives you good advice.

Sometimes the doctor tells you to take a medicine.

Medication will help you to get better.

Listen carefully to what the doctor tells you.



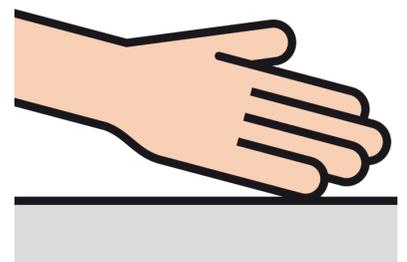
#### **6. Do not touch things that are touched often.**

Some things are touched by many people.

The corona virus can be passed on through such things.

Because everyone touches many things, hands must be kept away from mouth, nose and eyes.

If you touch things that others touch, you must wash your hands well.



## **7. You may be asked to wear a mask.**

Your doctor, nurses, carers or family may advise you to do this.

They all want to help you.

It is important to wear the mask when you are told.

The mask helps you and others to stay healthy.

Even if you cough or sneeze, you must keep the mask on.

The mask has to be worn as well when you are close to other sick people.

