

Some COVID-19 Reminders



Know the Signs

- High temperature (38°C or above)
- Any kind of cough
- Shortness of breath or breathing difficulty
- Loss or change in your sense of smell or taste

If you experience any of these symptoms at home, stay at home and self-isolate.

If you experience any of these symptoms at school, tell your teacher.

Washing Hands

When to wash your hands:

- After coughing or sneezing
- Before and after you eat
- After toilet use
- When hands are visibly dirty

When your hands are not visibly dirty, you can use hand sanitiser.

Don't forget to **ALWAYS** sanitise your hands when entering a building
(CPC or as soon as you get home from school)

Washing Hands

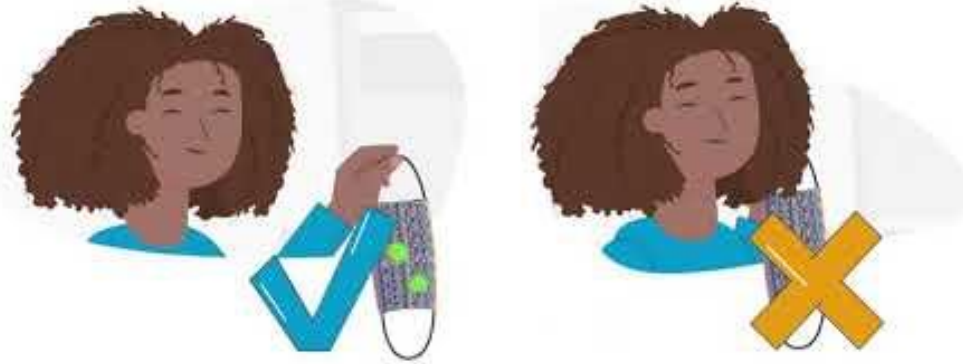
How to wash your hands:

1. Wet your hands with warm water and apply soap.
2. Rub your hands together palm to palm until the soap forms a lather.
3. Rub the back of one hand with your palm and fingers spread so you wash between your fingers. Repeat with the other hand.
4. Interlock the top of your hands and rub your fingertips.
5. Grasp each thumb tightly and twist to make sure your thumbs are cleaned.
6. This should take 20 seconds - sing "Happy Birthday" twice to yourself.
7. Dry your hands with a paper towel.

Washing Hands



Wearing a Mask



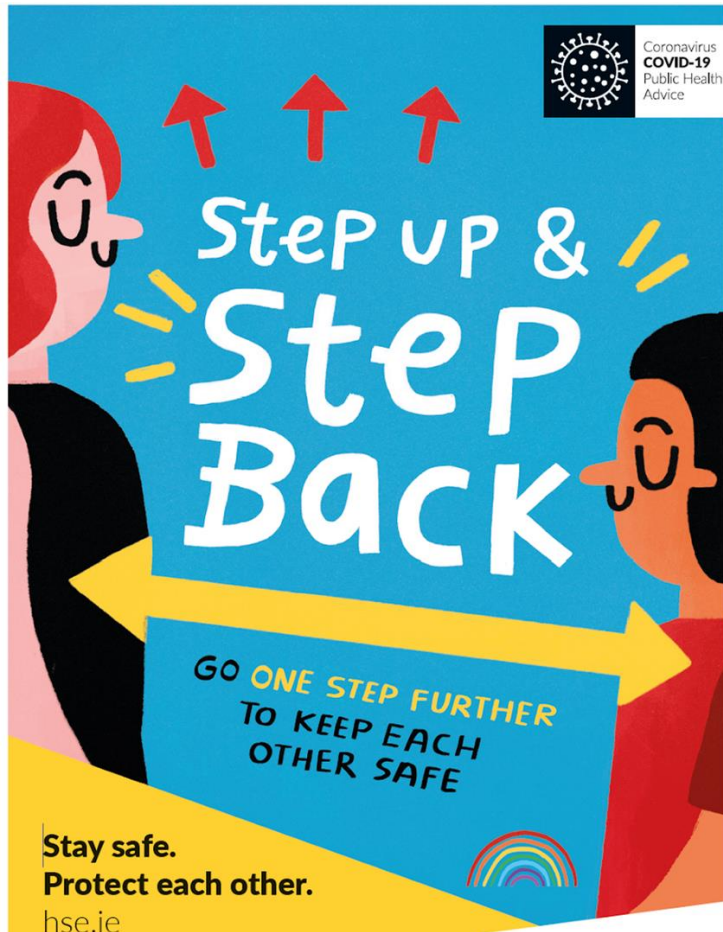
As you remove the mask, pull it away from your face.

- Do not lower the mask to talk, eat or take a drink.
- If you need to have a drink:
 - Sanitise your hands.
 - Unhook one ear
 - Take a drink without touching the front of the mask
 - Put the mask back on.
 - Sanitise your hands.

Cough and Sneeze Etiquette

- Turn your head away from others.
- Cough/sneeze into a tissue or use the crook of your elbow if you don't have a tissue.
- **Do NOT cough/sneeze into your hands.**
- Discard the tissue after use.
- Remember to wash/sanitise your hands after coughing/sneezing.





Social Distancing

Don't forget to social distance especially when outside at break or lunch.

Try to maintain at least 1m between you and your friend - aim for 2m if possible.

2m - Think of a tall person lying on the ground!