

# IMPORTANT HEALTH UPDATE



Our top 6 tips to practice good personal hygiene and help keep your friends, fellow students, families, educators, teachers and extended families safe.



## 1 COVER YOUR MOUTH AND NOSE

with a tissue when you cough or sneeze. Put your used tissue in the **RUBBISH BIN**.



## 2 COUGH AND SNEEZE INTO UPPER SLEEVE

if you don't have a tissue. **DON'T COUGH OR SNEEZE INTO YOUR HANDS.**



## 3 WASH YOUR HANDS WITH SOAP

and running water. Dry hands thoroughly with paper towel. Use **HAND SANITISER** when you are on the go.



## 4 WASH HANDS BEFORE AND AFTER...

eating, going to the toilet, sneezing/coughing, playing with animals and playing outside.



## 5 PLEASE STAY AT HOME AND REST

if you're experiencing **FLU-LIKE SYMPTOMS** (coughing, high fever, sneezing, aches & pains).



## 6 DO THE "ELBOW BUMP"

and other **FUN WAYS TO GREET** your friends and family.