

COVID 19 Hygiene - The New Clean

Done By:

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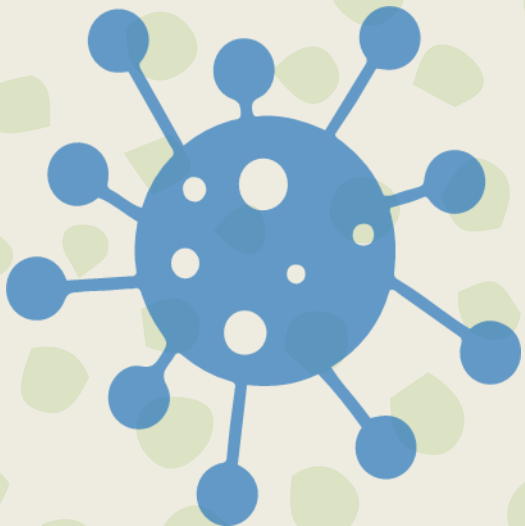
San Fernando

What is COVID 19?

COVID 19 or the Coronavirus is caused by a germ or virus that can make the body sick.

Some people, especially STUDENTS LIKE YOU, who have the virus may not feel sick at all or may have mild symptoms such as those of a cold.

If you have chronic diseases such as asthma, hypertension, diabetes, heart or other organ complication you may be at a higher risk of infection.



Symptoms Of COVID 19 Include:



Cough



Fever



Short breath



Sore throat

If you develop any or all of these symptoms it is important for you to tell a parent or guardian, begin self isolation and seek medical attention immediately.

How Is COVID 19 Spread?

- The virus spreads when you come into contact with a person who is infected with COVID 19.
- When they cough or sneeze or touch any surface it contaminates that surface with the virus.
- Virus particles then attach themselves to your clothes, shoes, body or hands.
- If you touch your face with your dirty hands or clothes, the virus then finds its way into your body through your mouth, nose or eyes.
- The spread then begins.

How To Maintain Proper Hygiene To Avoid COVID 19?



WASH

Wash your hands frequently – for at least 20 seconds



COVER

Use tissues when you cough or sneeze and dispose of them immediately, use your elbow if a tissue not available



AVOID

Do not touch surfaces and then your mouth, eyes or nose



DISTANCE

Practice social distancing by not shaking hands, hugging, etc.



ISOLATE

Stay home if you become ill and prevent the spread of the illness

A Little More On Social Distancing

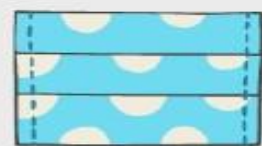
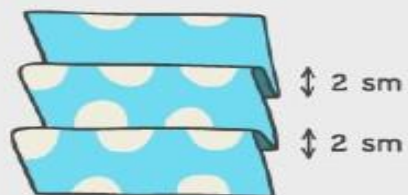
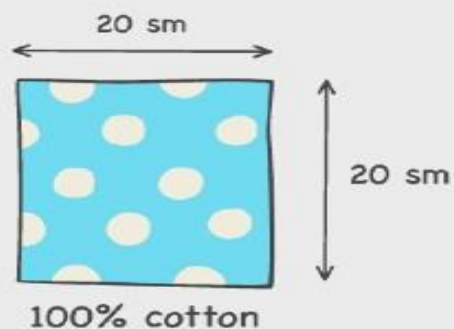
- Stay at least 6 feet away from the other person
- Do not assemble in crowds
- Always wear your mask when around others
- Avoid touching anyone, especially those who are sick or in contact with a lot of people

Staying Safe and Using Proper Hygiene In School

- It is understandable that you have missed your friends and teachers and you may want to reach out for a hug or even a bounce. Please avoid this!
- Keep your masks on, maintain your distance and keep sanitizing.
- Avoid sharing food, drinks or snacks with anyone
- Do not borrow phones to make calls
- Stay safe and healthy.

Remember!!





#MakeYourOwnMask

MAKE FACE COVERS AT HOME



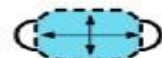
Double layer of 100% cotton cloth works best



The **less light** the cloth allows through, the more effective it is



Colour of the cloth **does not matter**



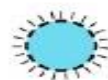
Ensure a good fit **without gaps** at the side



Never reverse for wearing



Wash before every use



Use **soap and water** to wash. Dry in sun



Make two face covers so one can be used while the other is being cleaned

