

## How not to catch or spread coronavirus



Wash your hands with soap and water often for at least 20 seconds





Wash your hands when you get home, to school or work





Use hand sanitiser if you can't use soap and water





Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze





Put used tissues in the bin and then wash your hands





Try not to get close to people who are unwell





Do not touch your eyes, nose or mouth if your hands are not clean



Adapted from www.nhs.uk/conditions/coronavirus-covid-19/ PCS® by Tobii Dynavox® and Boardmaker® For a free trial go to www.boardmakeronline.com