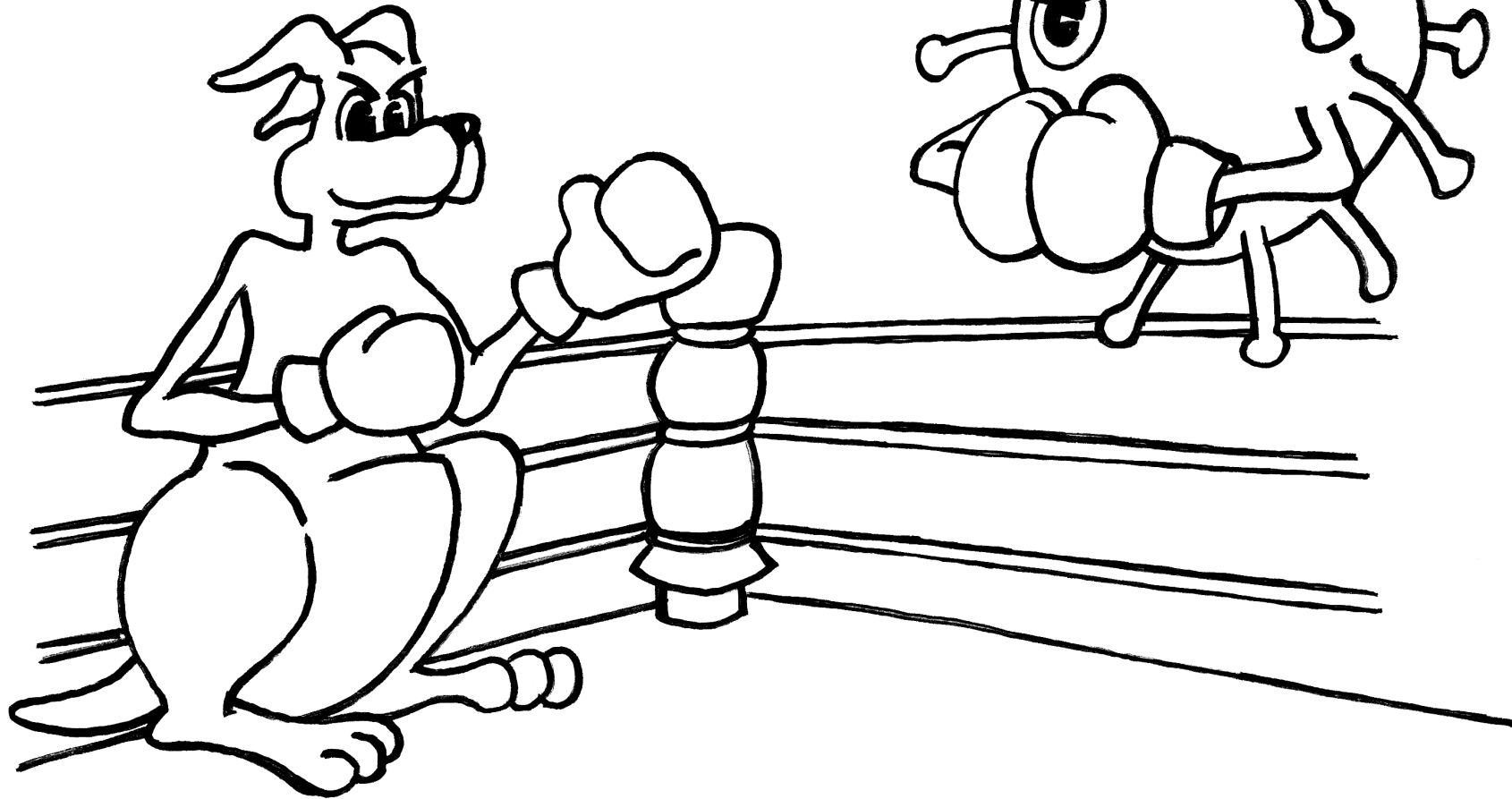


# Gowie & Friends



vs  
Coronavirus

# Introduction



Outside our houses there is a naughty germ called COVID. Covid is a virus which is a tiny thing that is so small that you can't see it with your own eyes. If someone coughs or sneezes next to you or if you touch something that a sick person touched, and then touch your face, the virus can get in your body and it can make you sick. Grown ups are working on a medicine to make it disappear quicker but you can help and become a superhero who helps fight the virus to make it go away. Let us see how you can help.

## Wearing a mask



Remember to wash your hands before you wear your mask and before and after you remove it. When wearing your mask, it is important to cover your nose, mouth and chin.

# Respiratory etiquette



Cover your mouth with your elbow or use a tissue when you cough and sneeze. Remember to throw it away safely and clean your hands after.

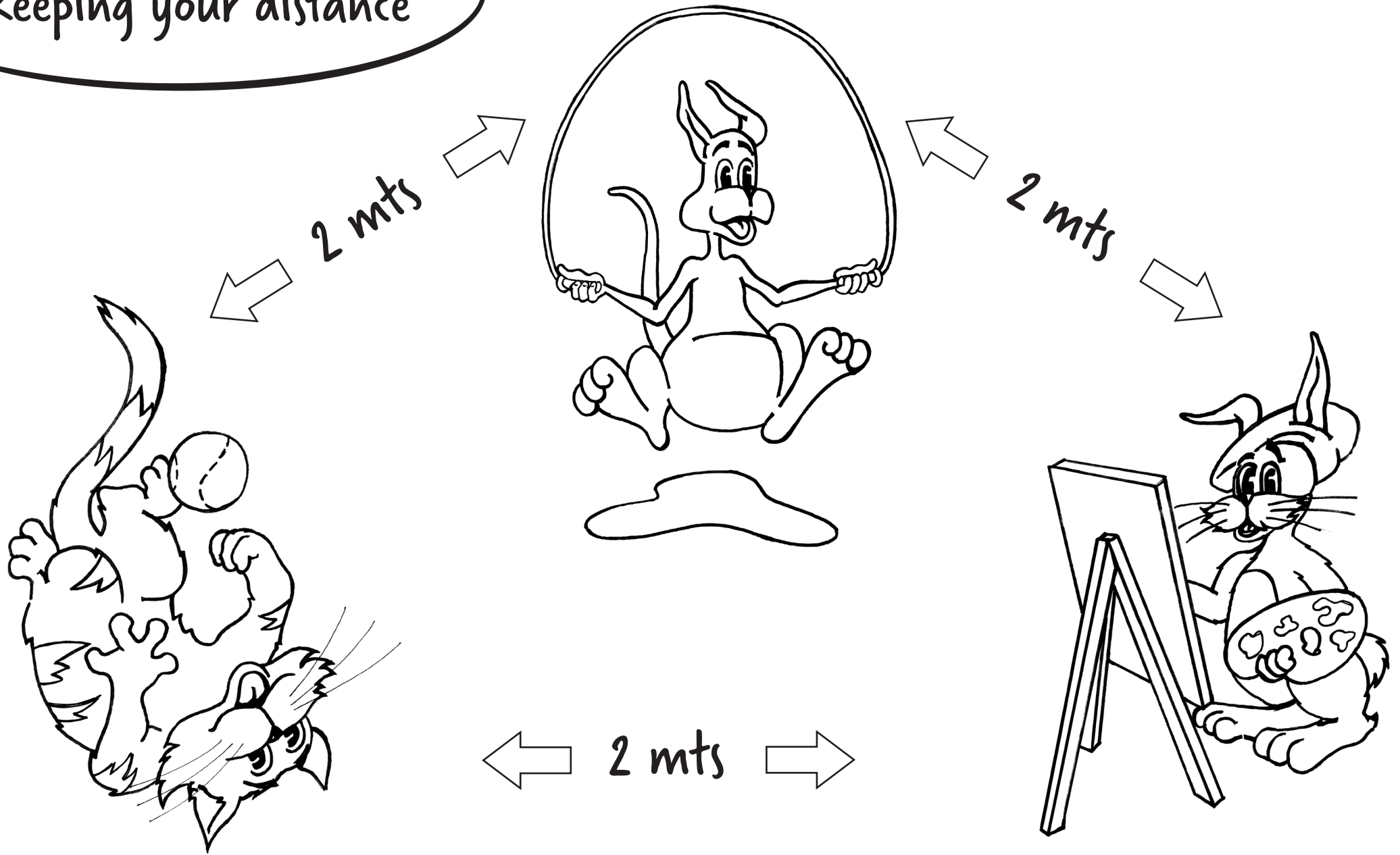
## Washing your hands

You can help by washing your hands with soap and water as often as possible for at least 20 seconds. You can sing a song like Happy birthday twice.

Remember to wash your hands before you touch your face, before and after you eat, after going to the toilet, after using your tablet or computer and if you touch objects like door handles or tables (which have germs on them.)

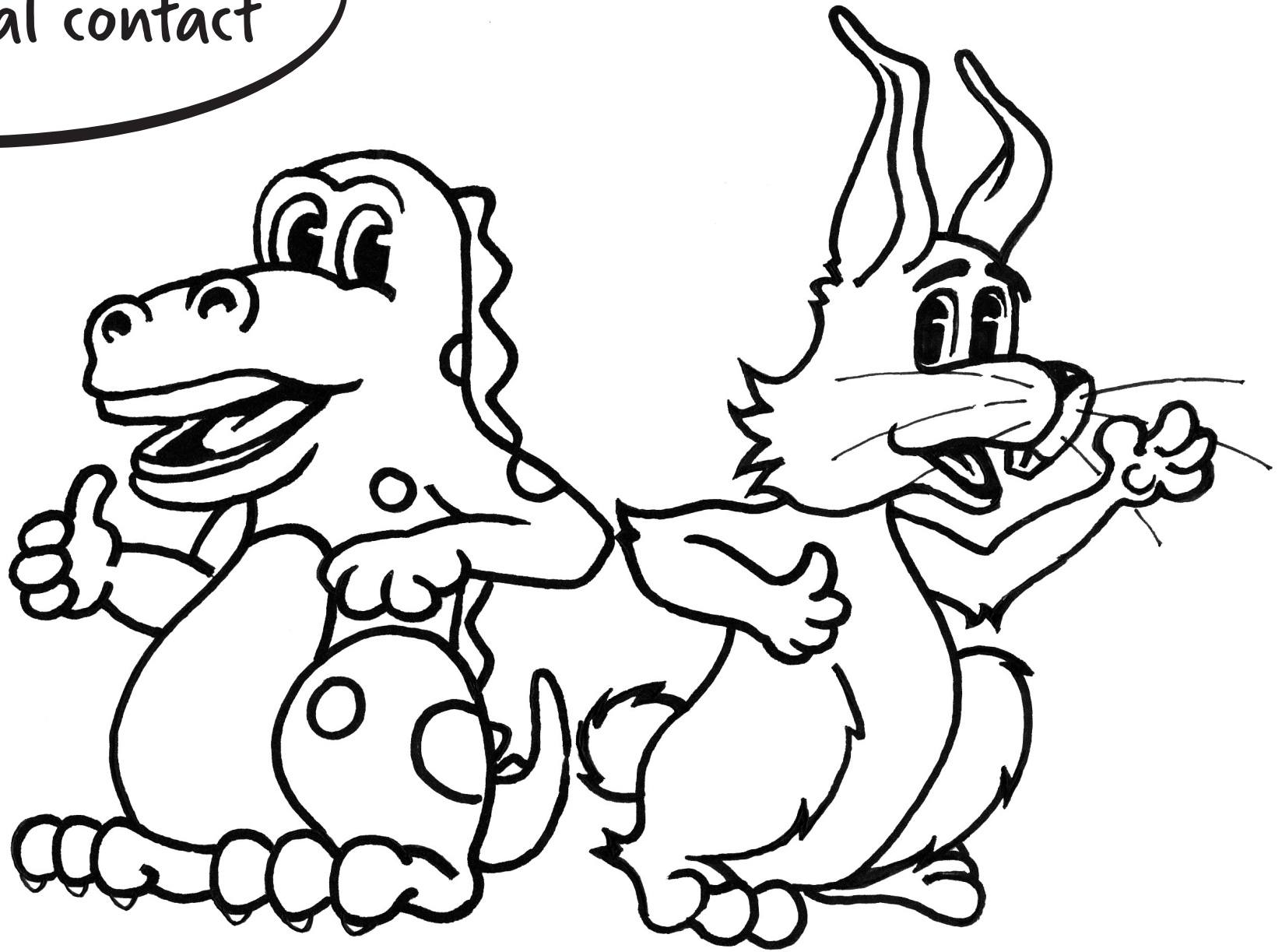


# Keeping your distance



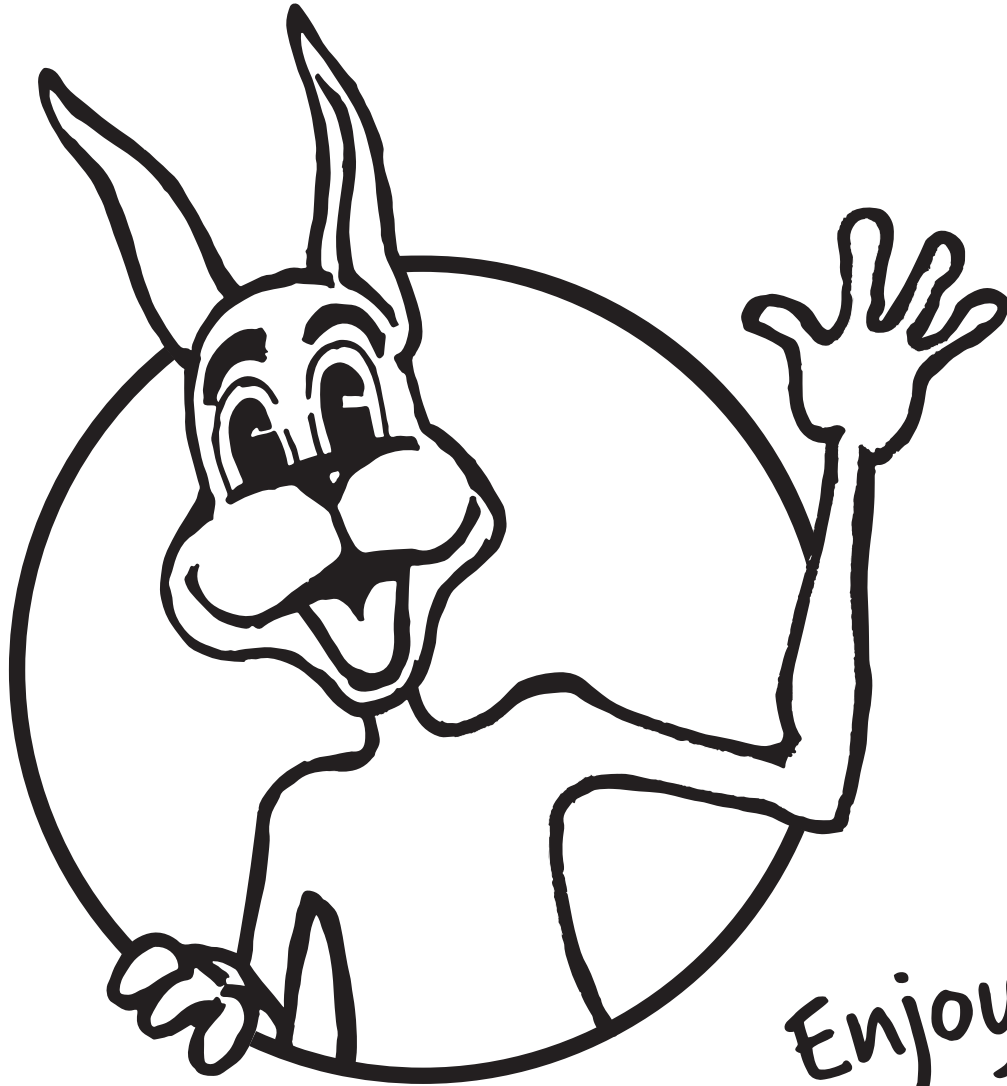
Remember that you can look after each other by keeping a distance of 2 metres between each other when you talk or play.

No physical contact



When meeting relatives or friends avoid handshakes or hugs. Use elbows, feet or waves to greet them.

# Conclusion



If we keep our distance,  
wear a mask and wash our  
hands regularly, we can  
make the virus go away.

Enjoy life safely!





Enjoy life safely!

