Wearing my mask

It is important to wear a
mask to protect ourselves
and others from the virus.

We need to wear our masks
when we leave the house to
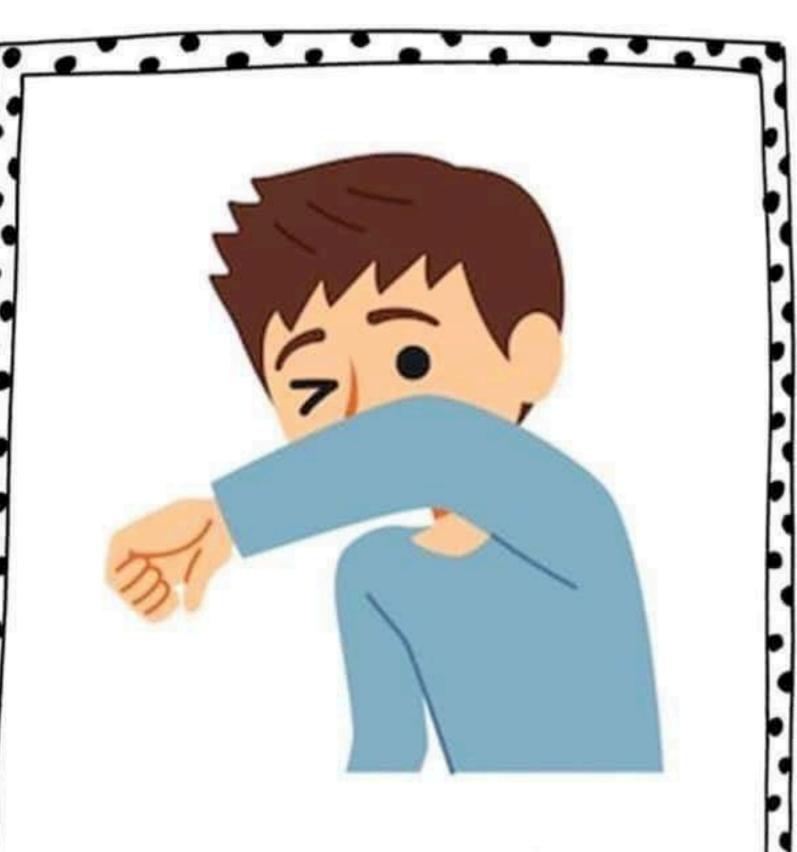protect ourselves from the
germs in the air.

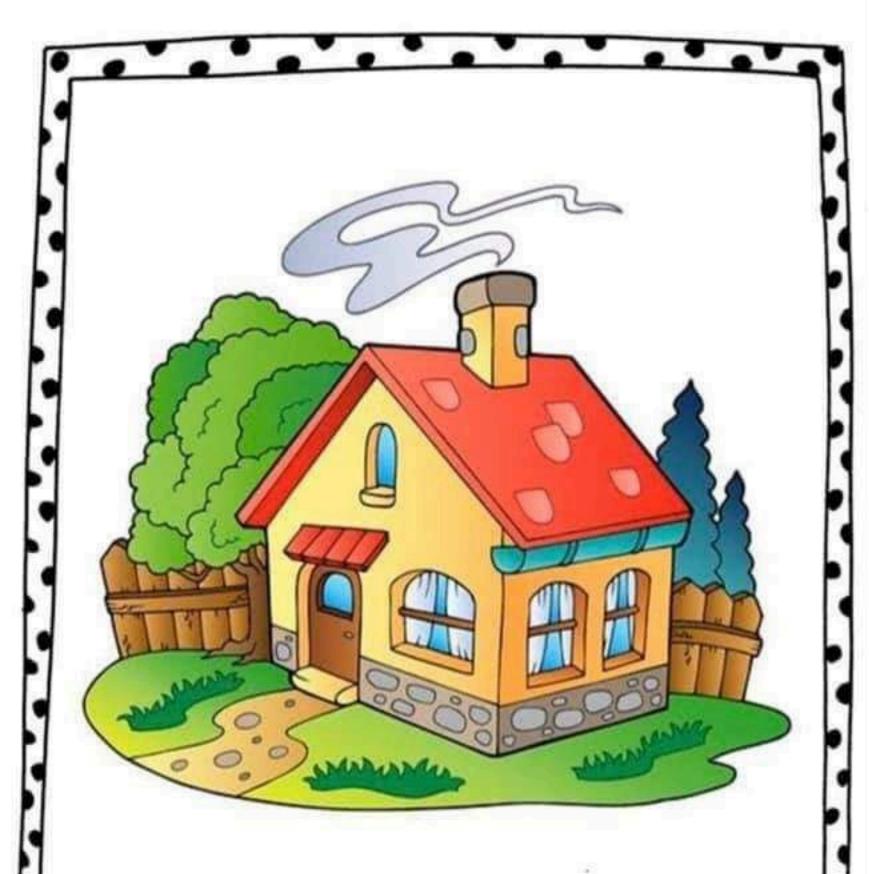Do not touch your face or other people. Do not touch things that many people have touched.

Wash your hands often with soap for 20 seconds to chase away all the germs on your hands.

1.6m

Do not stand to close to each other. Try to stay 1.6meters away from people around you.

Cough or sneeze into your elbow to keep the germs off your hands.

Stay at home if you are sick or if you are feeling sick.