



Some advice that can help you not to get the coronavirus – Easy-to-read

Text by Anffas translated by Inclusion Europe.



The coronavirus is a virus that like the flu, it gives you a cough and a high fever and makes a lot of people sick. So it is best to avoid it.



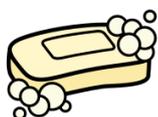
If you want to avoid it, you have to follow these advice and explain to the people around you that it's important to do these things.

1. Wash your hands well



If you want to avoid getting sick you have to wash your hands a lot.

Do not to touch your mouth, nose and eyes with dirty hands.



To wash your hands you have to use soap and water you have to wash and rub your hands very well.

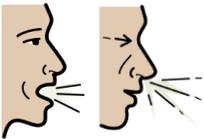
To make sure you are washing and rubbing your hands well you have to count to 20.

In addition to water and soap,

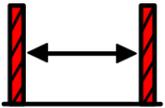
to keep your hands clean,
you can also use hand sanitizer.
Hand sanitizer is a liquid
that cleans your hands.

Do not forget
that hands must be washed many times
during the day.

2. Do not get too close to the people around you



People who have coughs
or who sneeze a lot
they can give you the disease.



Do not get too close to people who cough
or sneeze a lot,
do not touch them
and do not hug them.

3. Avoid touching yourself with your hands in the nose, eyes and the mouth.



If your hands are not clean,
do not touch your nose,
your eyes and your mouth.
This way you keep the virus
out of your body
and you don't get sick.



Always keep your hands clean
and wash them well every time
that you touched objects
and furniture.

4. If you have to sneeze cover your mouth and nose.



You have to help others not to get sick too.
If you feel like sneezing
or to cough
wipe your mouth with a tissue
or with your elbow
and not with your hand.

If you have a cough or fever
tell your parents or your career
so they will help you to get better.



If you are advised to wear a mask
do not worry.
The mask is to protect you from the disease
and not to make you sick.

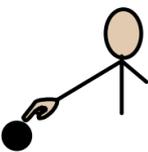
5. Do the things the doctor tells you to do



The doctor helps you feel good
and not get sick.
He or she gives you good advice
and tells you to take the medication
that makes you feel better.

Listen to what your doctor tells you to do.

6. Do not touch objects that many people touched



Avoid touching objects
that many people already touched.
If you touched them,
do not put your hands and fingers in your mouth,
in your nose and in your eyes.



After touching objects, wash your hands well.

7. Wear the mask if the doctor tells you to, your family members or careers



If they tell you to wear the mask, you have to do it.
This way you avoid getting sick and help others not to catch the disease.

You have to wear the mask if you often feel like coughing or sneezing.

If you're around other people who are sick you have to wear the mask when you are close to them.

8. Pets do not make you sick



If you have any pets, like a cat or a dog, you do not need to worry because they do not make you sick.



Always remember to wash your hands very well after touching or playing with animals.