



Staying Healthy



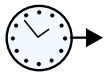
Many people are feeling poorly at the moment.



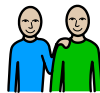
I can keep safe by washing my hands with soap and water.



I will not bite my nails or put my hands in my mouth.



I will cover my mouth if I cough or sneeze.



I will not give my friends or staff hugs or handshakes.



I can elbow bump or wave to people instead!



Making sensible, healthy choices will help everyone stay well. I will



stay well too.

