If we work together we will be able to stay as safe as possible. You can keep yourself and others safe by…

\* Keeping finger nails short and clean

\* Tying back long hair

\* Rolling up long sleeves when going to the toilet or washing hands

\* Wiping shoes on a mat on the way inside, or taking shoes off at the door at home

\* Sneezing and coughing into a tissue or into your elbow if you don’t have a tissue

\* Keeping your hands away from your face

\* Keeping your fingers and toys that you play with out of your mouth

\* Washing your hands with soap and water for at least 20 seconds and at least 6 times a day, including after using the toilet, before eating or cooking, after eating or cooking and when you have been outside

\* Using hand gel in between hand washes

\* Using your own cup and cutlery and not sharing food or drinks at school

\* Keeping a safe distance from other people outside your own family members who live in your house or outside of your own little group at school, especially other adults

\* Changing out of your school clothes as soon as you get home, putting them straight into the washing machine and having a lovely soapy shower or bubbly bath straight away

\* Wearing fresh, clean clothes to school or work every day

\* Leaving as many belongings as possible at home and cleaning things that you have taken outside of your home

**Working together, staying safe**