What can I do to help stop the virus?

- Wash your hands a lot or at least 20 seconds, especially before you eat and after you’ve been to the washroom.

- Stay one arm’s length away from other people.

- Stay far from people who are sick.

- Don’t touch your face.

- Cough and sneeze into your elbow or a clean tissue.

- Try not to touch surfaces that a lot of people touch (for example, door handles to a public washroom).

- Stay at home when you feel sick
7 ways to stop the coronavirus?

Our Body Worksheet

What can I do to help stop the virus?

Without looking at the previous page, make a list of ways you can help stop the coronavirus.

1. ________________________________________________________________________________________________________
2. ________________________________________________________________________________________________________
3. ________________________________________________________________________________________________________
4. ________________________________________________________________________________________________________
5. ________________________________________________________________________________________________________
6. ________________________________________________________________________________________________________
7. ________________________________________________________________________________________________________

Hints:
- Washington
- Face
- Surfaces
- Elbow
- Arm’s length
- Sick people
- Home