WASH - WIPE - COVER! DON'T INFECT ANOTHER!

WASH
Wash your hands often. Use soap and hot water. Wash for 30 seconds.

WIPE
Wipe the things that you touch with disinfectant.

COVER
Cover your nose and mouth with your elbow.
Cover your nose and mouth with a tissue.
Throw used tissues into a garbage can.

Get a flu shot.
Stay home if you are sick.
Do not touch eyes, nose, or mouth with unclean hands.

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WORDS TO KNOW!

Virus – A tiny, living thing. It is too small to see. Viruses cause sickness. They cause sickness after entering someone’s body. Viruses enter when a nose, eye or mouth is touched with dirty hands.

Flu or Influenza – One kind of virus.

Coronavirus – A new virus. Doctors are learning about it. It spreads from person to person quickly. There is no medicine or vaccine yet.


Disinfect – To clean with a chemical that kills viruses.

Infect – To get someone to get sick.

Infection – A sickness.

Infectious – Someone who is sick. They can make someone else sick.

Contagious – A sickness that can be passed from one person to another.

Fever – When your body temperature is higher than normal. Normal is around 98.7 degrees.

Disinfectant – A cleaning product that kills viruses.

Sanitizer – A cleaning product or hand cleaner that kills viruses.

Symptoms – The ways you feel when you are sick.

Wipe – To clean a surface like a table, phone, or door handle.

IF YOU FEEL THIS WAY, CALL A DOCTOR:

[Images of people with fever, cough, and trouble breathing]