

**DO THE FIVE**  
and help  
**stop coronavirus**  
from spreading by following  
these 5 basic steps:



**1**

**HANDS:**

**Wash them often**

(regularly for 20 seconds, with soap and water or alcohol-based hand rub.)



**2**

**ELBOW:**

**Cough into it**



**3**

**FACE:**

**Don't touch it**



**4**

**SPACE:**

**Keep safe distance (1 meter or 3 feet)**  
with people who are unwell and show signs of flu.



**5**

**HOME:**

**Stay at Home**

**NOTE:**

It is important to tell children that these 5 basic steps must be followed by all. Demonstrate by following yourself.