

# A, B, C for staying safe and well

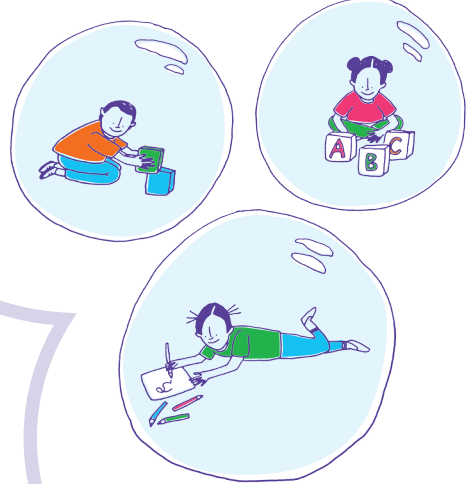
## A is for...



### ...always cover

a cough or sneeze with your sleeve or elbow.

## B is for...



### ...bubble.

Pretend you are in a bubble and you can just touch the edges. Try not to let anyone come into your bubble. (But don't worry if they sometimes do!)

## C is for...



### ...clean your hands

lots of times each day. Use soap and water and do it slowly and carefully.

## D is for...



### ...don't touch your face (your mouth, nose or eyes) with your hands.

WHEN WE DO THESE FOUR THINGS WE HELP TO KEEP EVERYONE HEALTHY AND SAFE!