

# What is Coronavirus

People are talking about Coronavirus.  
It is a new type of flu.



Children and adults are very good  
at getting over a cold or flu.

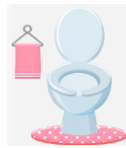


There are some things you can do to help yourself, family and friends  
from getting a cold or flu.

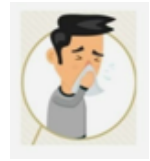
**Wash your hands often... especially**



Before eating



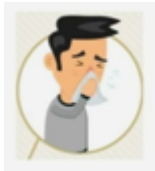
After using the toilet



After sneezing

**Also remember to...**

**Sneeze into a tissue and  
throw it in the bin.**



**If you don't have a tissue, you  
can sneeze into your elbow.**



**Try not to touch your face**

