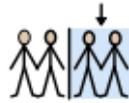


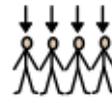
## How to keep myself and others safe



Staying away from other people is called social distancing.



**2020**



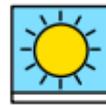
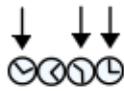
In March 2020, the government asked everyone to socially distance.



You should socially distance from people you don't live with.



The government will announce when we can stop social distancing.



Wash your hands lots of times during the day.



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Use soap and water and wash for 20 seconds.



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You can also use hand sanitiser.



Do not touch your eyes, nose or mouth with unwashed hands.

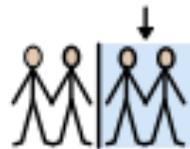


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Cough and sneeze into a tissue, throw it away and wash your hands.

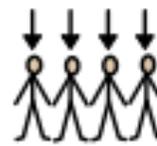
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