



5 TOOLS EVERY LITTLE SUPERHERO NEEDS TO OUTSMART THE CORONAVIRUS

*Superhero Mission
... NOW ON*

Helping reduce the spread of Covid-19

Eduhealth+

1. **WASH** your hands often with soap and running water, for *at least* 20 seconds (sing the chorus to the 'Wash Your Hands' song!) to wash germs away. Dry hands thoroughly with a paper towel or air dry.
2. **COVER** your mouth and nose with a tissue if you sneeze or cough, or into your bent elbow to capture nasty germs and stop them from spreading.
3. **TRY** not to touch your eyes, mouth or nose to outsmart sneaky germs.
4. **STAY** at home and only go out if necessary or to exercise (e.g. walk the dog or ride your bike) to avoid coming into contact with nasty coronavirus germs.
5. **KEEP SUPERHERO FLYING ARMS DISTANCE** away from others if you do go out in public, that's at least 1.5-2 meters or 5 to 7 foot away from others.

A TIP for superhero grown-ups!

KEEP UPDATED with news and information about the Coronavirus through reliable trusted sources, such as the World Health Organisation (WHO), Federal or State Governments and official Health Services. When checking the news, check 1-2 times daily, *deliberately*, so that you don't get overwhelmed with information overload.

If you or your family develop symptoms of an infection, such as a fever, cough or shortness of breath, isolate yourself and be sure to contact your doctor or nearest medical centre to arrange an appointment or seek advice.

Remember to tap into your Superhero Toolbox of strategies to stay superhero healthy and strong. Go to:
<https://eduhealthplus.teachable.com/p/superherotoolbox>