

7 ways to stop the coronavirus?

Our Body Worksheet

What can I do to help stop the virus?

- Wash your hands a lot or at least 20 seconds, especially before you eat and after you've been to the washroom.
- Stay one arm's length away from other people.
- Stay far from people who are sick.
- Don't touch your face.
- Cough and sneeze into your elbow or a clean tissue.
- Try not to touch surfaces that a lot of people touch (for example, door handles to a public washroom).
- Stay at home when you feel sick



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What can I do to help stop the virus?

Without looking at the previous page, make a list of ways you can help stop the coronavirus.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

