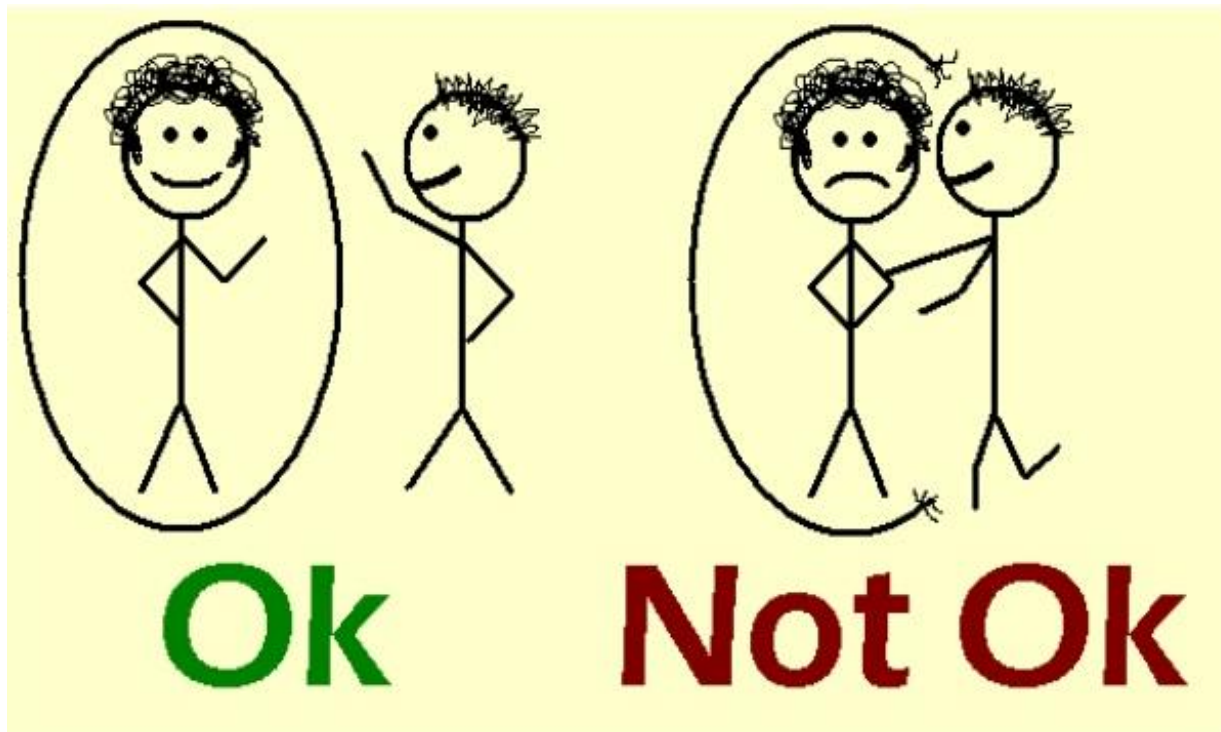# Keeping Safe & Healthy at Home

People are staying in their home with their families a lot at the moment.

This is to help stop Coronavirus spreading and keep us all healthy.

The Coronavirus can make people feel unwell.

If I go out for exercise with my family I can help stop the spread of Coronavirus by keeping a safe distance from other people we see.

I can also help stop the spread of Coronavirus germs by washing my hands regularly with soap and warm water for at least 20 seconds.

If I can't use soap, I can use hand sanitizer.

Doing these things makes us healthy and safe SUPERHEROES!