MASKS
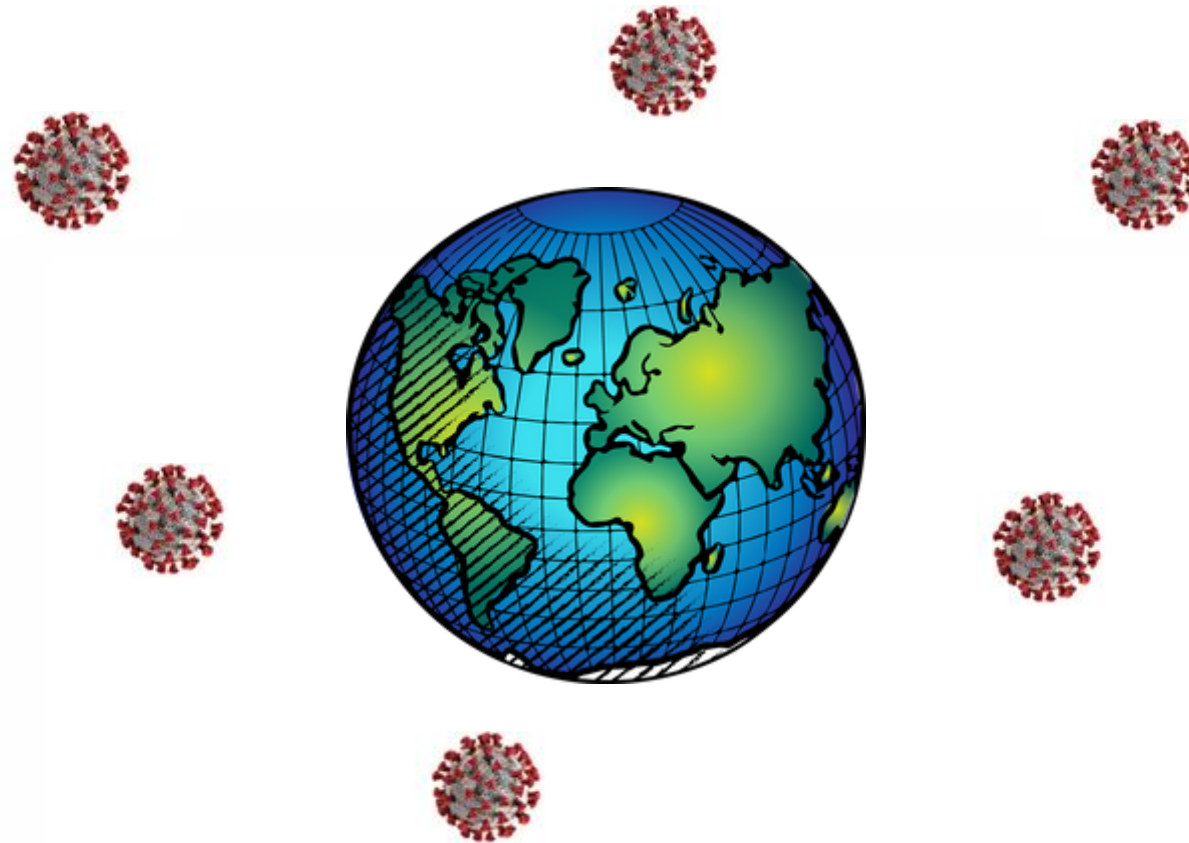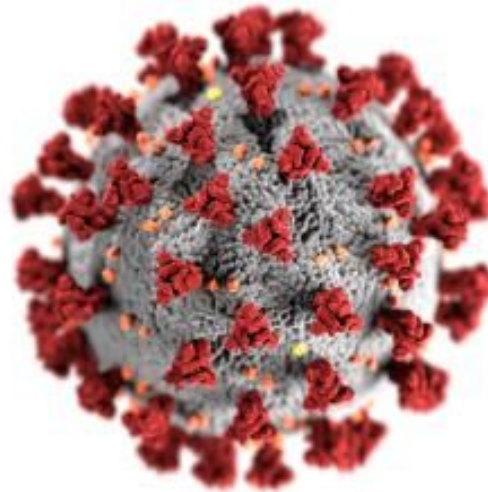
There is a virus called Covid-19.
It is spreading around the world.

The virus has been spreading from person to person. There are different ways the virus can spread.

One way it can spread is when someone who has the virus touches another person that doesn't have the virus.

One way I can help fight the virus is by wearing a mask.

I can use disposable masks, cloth masks or home-made masks made out of bandanas, scarves or t-shirts.

A mask helps prevent spread when someone speaks, laughs, coughs or sneezes.

It is an extra barrier to help keep people safe.

When I am on public transport, I need to wear a mask.

Some people can't wear masks because they are too young or because it makes breathing difficult for them.

Wearing a mask is one way I can help fight the virus.

I will continue my healthy habits.

1. **Stay at home if I'm feeling unwell.**
2. **Keep my distance from others when I am outside.**
3. **Try not to touch my face when I am outside.**
4. **Wash my hands for 20 seconds regularly.**

I am helping to fight the virus because I remembered to wear a mask when going on public transport.