

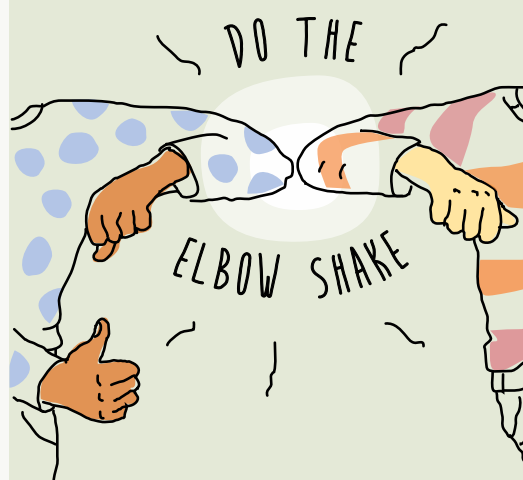
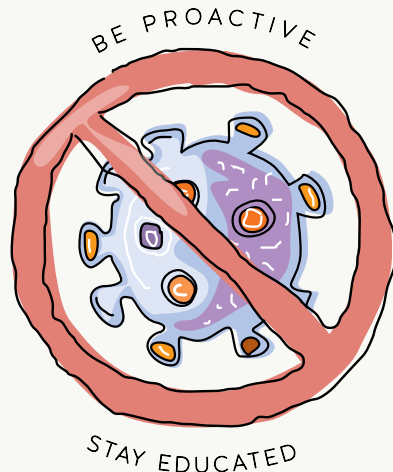


COACHING
CONSERVATION

CORONAVIRUS SURVIVAL KIT FOR THE FAMILY



Inspiring kids to protect
themselves, others and the
natural world around them.



charlesbongers.com



BOTSWANA
PREDATOR
CONSERVATION



NATURAL
SELECTION
MAKE A DIFFERENCE

At Coaching Conservation, we believe in inspiring Kids Who Care.

Kids who respect themselves, each other, and the environment.



We understand that we are all connected and the recent COVID-19 outbreak reinforces that message; this is a disease that has its origin in the global illegal wildlife trade which is now killing people around the world. The message is clear: we must respect and protect ourselves, each other and the environment.

THIS BOOKLET IS DESIGNED TO HELP SECURE A HEALTHY FUTURE FOR EVERYONE.

Protect yourself by learning the facts

Coronaviruses are a group of viruses that affect the respiratory system (the lungs).

COVID-19 is a new form of coronavirus that first appeared in China in December 2019. That is why it is called **COVID-19**.

The symptoms of infection are often mild – **the most common symptoms are a fever and a dry persistent cough** – but in some cases the infection can develop into more serious illness including pneumonia and bronchitis.

In 20-30 out of every 1000 diagnosed cases it causes death from lung failure, septic shock or multiple organ failure.

Across the world, without effective measures being taken to stop the spread of the disease, scientists have calculated that the outbreak could kill 40 million people.

Who is most vulnerable?

Because COVID-19 is a new virus, nobody has immunity. It is 20-30 times more deadly than seasonal flu and is believed to be 2 or 3 times more infectious.

COVID-19 appears to be particularly dangerous for older people and people who have existing health problems, especially obese individuals, those with diabetes, and people with poor lung health, including smokers. **But it can also kill young people with no pre-existing health problems, so nobody should think that they are immune.**

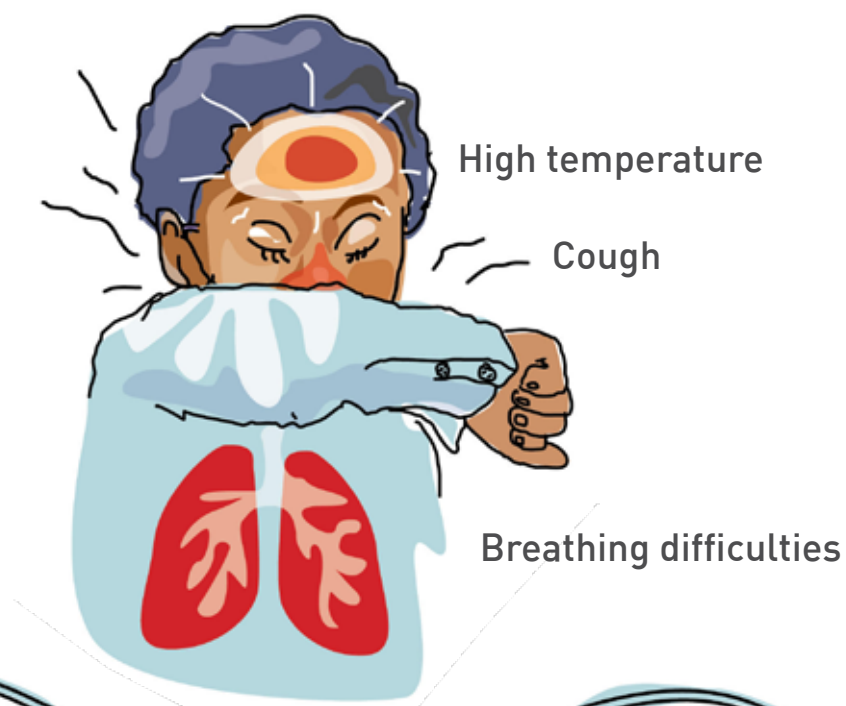
How did it start?

Coronaviruses are known to jump from animals to humans.

It's thought that the first people infected with the disease were a group of stallholders at a wildlife market in Wuhan province in China, where wild animals are traded illegally for bushmeat and use in traditional medicine.

The exact source of Covid-19 is still unknown. Scientists have discovered that COVID-19 shares 96% of its genetics with a coronavirus found in bats and has 99% overlap with a coronavirus found in pangolins. Other coronaviruses have been linked to civets.

Coronavirus: Key symptoms



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with disposable tissues



Throw away used tissues (then wash hands)



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

Inspiring kids to protect themselves, others and the natural world around them.

How might I be affected?

Nobody knows how long this outbreak might last.

The long-term answer will be a vaccine, but vaccines take time to develop.

In the meantime, governments around the world are enforcing lockdowns (meaning people must stay at home) to slow the spread of the virus and buy us all some time.

Even if you are not worried about the chance that the virus might kill you, you will be affected by this lockdown, because we are likely to enter a global recession.

Global trade will slow down, food prices will go up, shortages may occur, and people will lose their jobs as tourists stay at home, restaurants and bars close, and society shuts down.

THEREFORE, THE BEST THING YOU CAN DO IS TO FOLLOW GOVERNMENT ADVICE TO **STAY AT HOME TO HELP REDUCE THE SPREAD OF THIS DISEASE, SHORTENING THE LENGTH OF THIS OUTBREAK SO THAT WE CAN ALL GET BACK TO NORMAL AS QUICKLY AS POSSIBLE.**

How does it spread?

The virus is mainly transmitted via droplets when people sneeze, cough, or just breathe into the air. **So, try to keep at least 2 metres apart from other people.**

But the virus can also survive for several hours on surfaces such as tables and door handles, and maybe longer, so it can be spread by touch.

That's why it is important to wash your hands regularly, to cover your mouth when you cough, and to try not to touch your face.

The incubation period for COVID-19 (i.e. the time between exposure to the virus and the start of symptoms) is 2-14 days.

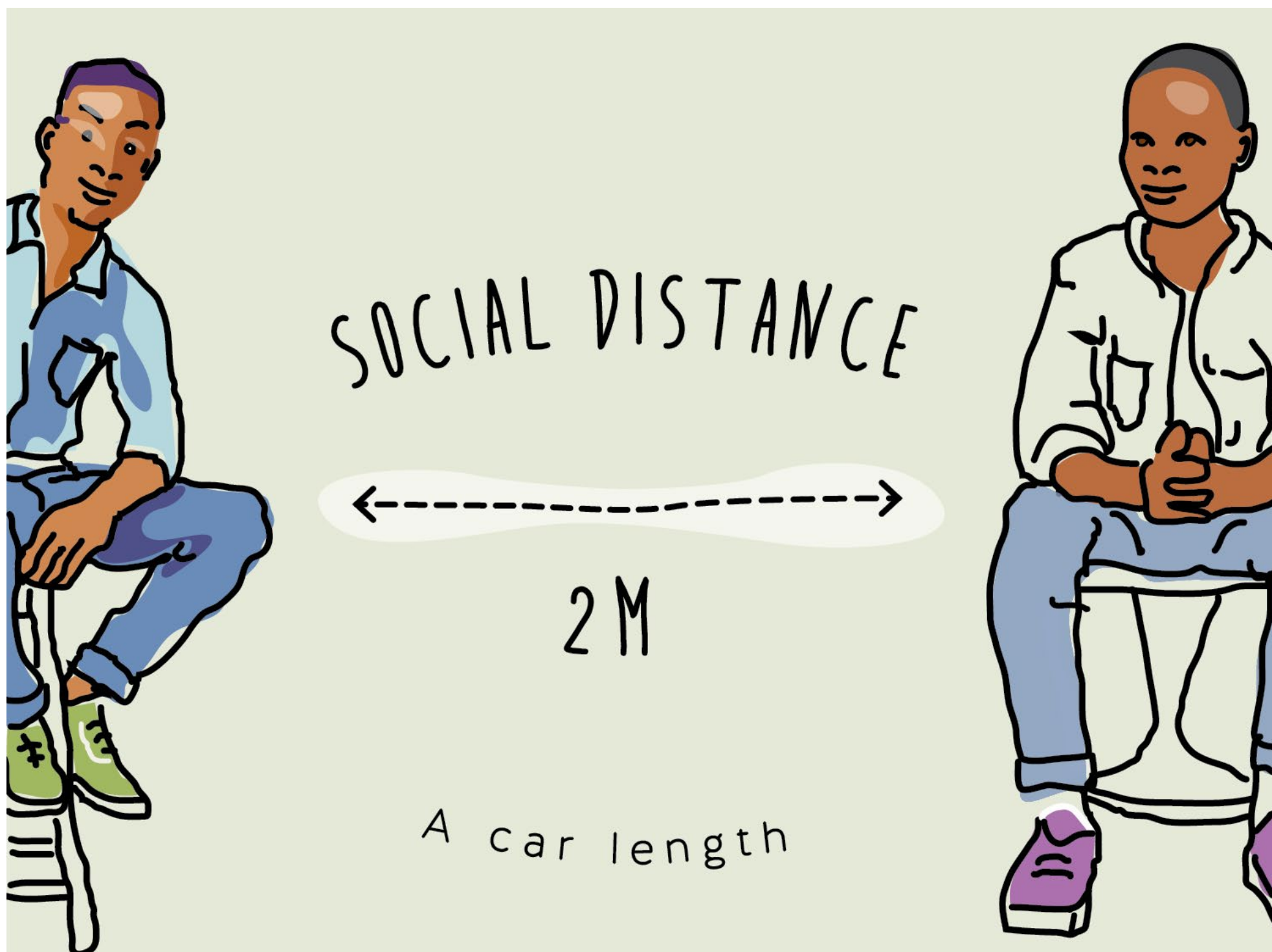
We know that the virus can be transmitted by people coughing, but there is some evidence suggesting that it can also be spread by infected people who are showing no symptoms.

So, you might feel fine, but you could still be spreading the disease around!

Therefore, we all share a responsibility in fighting this virus outbreak.

We need to respect other people and stop moving around, as well as look after our own health.

REMEMBER THE VIRUS CAN'T MOVE ON ITS OWN - ONLY PEOPLE CAN MOVE IT AROUND. SO, STAY AT HOME TO SAVE LIVES!



HOW TO WASH YOUR HANDS. IT SHOULD TAKE AS LONG AS SINGING HAPPY BIRTHDAY TWICE.

1.



WATER AND SOAP

2.



**PALM TO PALM
BETWEEN
FINGERS**

3.



**FOCUS ON
THUMBS**

4.



BACK OF HANDS

5.



FOCUS WRISTS

Inspiring kids to protect themselves, others and the natural world around them.

What can I do to help?

EVERYBODY SHOULD BE MAINTAINING SOCIAL DISTANCING DURING THIS OUTBREAK.

This means keeping a distance of at least 2 metres between themselves and others, while observing good hygiene (covering coughs and washing hands) at all times.

It also means restricting your movements, e.g. going shopping as little as possible.

IF IN DOUBT, STAY AT HOME. WHAT SHOULD I DO IF I THINK I HAVE COVID-19?

We do not yet have any specific treatment for this disease, but you can treat the clinical symptoms (e.g. fever or a dry cough).

If you have a fever the most important thing is to stay hydrated by drinking lots of fluids and trying to stay cool (dress in light clothing, stay in the shade).

Paracetamol can help reduce high fevers but note that adults should take no more than 4g (usually eight 500mg tablets) of paracetamol in any 24-hour period and the safe dose is less for children (see printed notes include with any medication).

If you have a cough, you can try a drink with lemon, ginger and a little bit of honey to soothe your throat but any other medication is likely a waste of time and money.

If you have symptoms of coronavirus, you should **SELF-ISOLATE FOR 7 DAYS.**

SELF-ISOLATING MEANS YOU SHOULD NOT LEAVE THE HOUSE AT ALL

Do not go out to buy food or collect medicine – ask someone else to drop them off outside your home if needed and do not approach them within 2 metres.

Unless you are suffering severe difficulty breathing or have a very high fever you should stay at home for this whole period and you should not try to see a doctor as this will only spread the disease more.

You should also separate yourself from your family as much as possible, particularly keeping away from any individuals from more vulnerable groups, and wear a mask.

After 7 days:

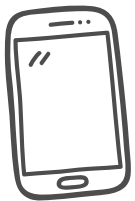
- if your fever has gone, you no longer need to self-isolate
- if you still have a high temperature, keep self-isolating until your temperature returns to normal

You do not need to self-isolate if you just have a cough after 7 days. A cough can last for several weeks after the infection has gone.



Phones keep us connected – but they connect us with germs too!

YOUR PHONE IS AN EASY WAY TO SPREAD GERMS FROM YOUR HANDS TO YOUR FACE. THE AVERAGE PHONE HAS MORE GERMS ON IT THAN A PUBLIC TOILET SEAT, SO IT'S A GOOD IDEA TO CLEAN YOUR PHONE REGULARLY AS WELL AS YOUR HANDS.



HOW TO CLEAN YOUR PHONE

- Unplug your phone, turn it off and remove any case (the case can be cleaned separately).
- Avoid chemicals, hand gels or abrasive wipes to clean your phone as these can damage your phone.
- Instead dampen a fine cloth with water and household soap, squeezing out all the excess water so the cloth is not too wet. A microfibre cloth works best.
- Gently clean the outside surfaces of your phone with the damp cloth.
- **MAKE SURE NOT TO GET WATER IN ANY OF THE OPENINGS.**
- Dry your phone with a second dry cloth.

Of course, as soon as you touch your newly clean phone with dirty hands you will spread germs back onto it so keep washing your hands regularly and thoroughly!

ALONGSIDE THIS COVID-19 OUTBREAK THERE HAS BEEN A FAKE NEWS OUTBREAK!

There are lots of myths being spread about the COVID-19 outbreak and related health advice. Make you know the difference between what is true and what's not!

MYTH 1:

There have been claims that eating or drinking certain things can protect you.

Reality: eating healthily, with lots of fruit and vegetables is always a good idea, but the World Health Organisation has been clear that there is **NO EVIDENCE** that eating or drinking **ANY** particular thing can either protect you from or cure COVID-19.

MYTH 2:

Some people have claimed Mosquitoes spread the virus.

Reality: mosquitoes spread various diseases including malaria, but they are not responsible for spreading COVID-19 which is a respiratory illness mainly spread by coughs and sneezes.

MYTH 3:

Some people have said that Africa's hot climate will stop the virus.

Reality: the COVID-19 virus is spreading around the world, including in areas with hot and humid weather, so it is just as important to take measures to protect yourself here as it is anywhere else.

REMEMBER - THE ONLY THING THAT CAN REALLY PROTECT YOU IS TO **KEEP AWAY FROM OTHER PEOPLE AND KEEP WASHING YOUR HANDS!**



Inspiring kids to protect themselves, others and the natural world around them.

Hey kids! PROTECT YOURSELF by learning about the COVID-19 virus

BE A KID WHO CARES!

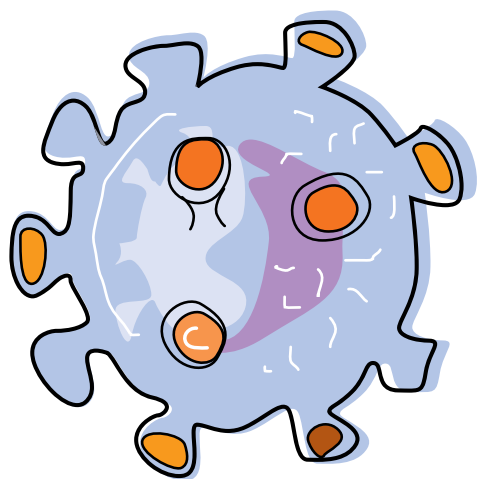
KIDS WHO CARE PROTECT THEMSELVES, EACH OTHER, AND THEIR ENVIRONMENT.

We are all connected, both with other people around the globe and with the animals who share our world. COVID-19 appeared because we didn't treat nature with enough respect.

Understanding how we are all connected has never been more important. When we fail to respect our connection with wildlife and our dependence on the natural environment we all suffer.

"WE ARE INTIMATELY INTERCONNECTED WITH NATURE, WHETHER WE LIKE IT OR NOT. IF WE DON'T TAKE CARE OF NATURE, WE CAN'T TAKE CARE OF OURSELVES."

UN ENVIRONMENT CHIEF, INGER ANDERSEN



The COVID-19 virus is not alive.

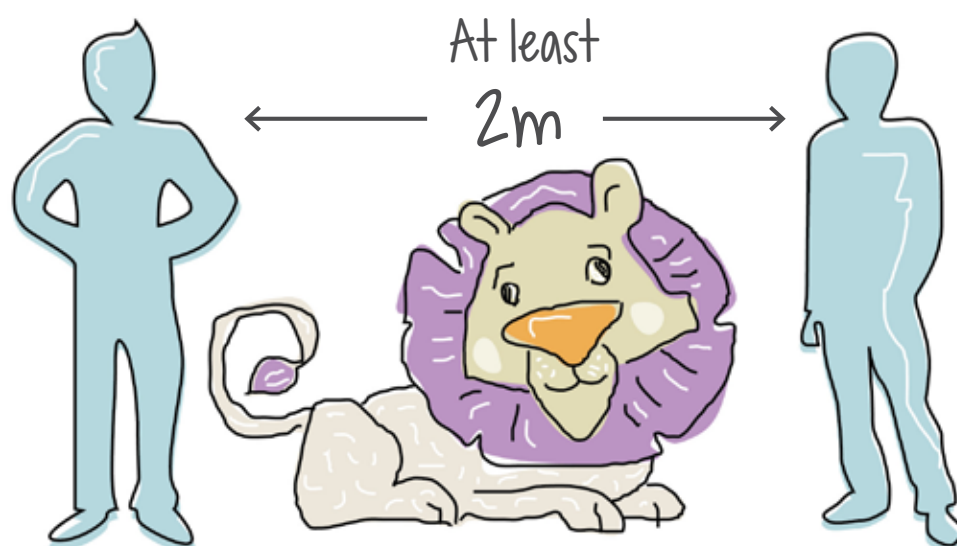
Since it is not a living thing, it cannot be killed. But it can be destroyed.

The virus is actually quite fragile and is only protected by a thin layer of fat.

It is vital to use SOAP when washing your hands, because soap breaks up the fat protecting the virus, dissolving it just like the grease you wash off dirty dishes.

HEAT also melts fat, so water above 25 degrees Celsius is best for hand washing.

The virus is spread in droplets that leave people's bodies when they cough, sneeze or breathe, but these droplets don't travel far – so keep your distance to stay safe.



Don't get too close!

The virus enters your body via your eyes, nose and/or mouth, so it is important to avoid touching your face.

Kids Who Care RESPECT themselves, each other, and their environment.



Keeping clean shows self-respect and is essential for stopping the spread of diseases and staying safe. Animals have all sorts of ways of keeping clean.

In fact, we can often **LEARN** things from animals! We can even try to **BE** like them.

DID YOU KNOW:

- Vultures are a vital part of nature's clean-up crew, cleaning up dead animals.
- They are also very clean birds and like to bathe in water every day.
- Vulture droppings are so acidic that they even kill bacteria, preventing the spread of diseases like anthrax, rabies and tuberculosis.
- Be like a vulture and help keep yourself and your environment clean.

PROTECT EVERYONE BY RESPECTING YOUR ENVIRONMENT

- We are facing a crisis in Africa as our vultures are critically endangered.
- Vultures are most threatened by poachers who POISON them to avoid detection.
- Poachers put us all at risk, by killing vultures and exposing us to the risk of disease from wildlife.
- COVID-19 began at a wildlife market in China but the bushmeat trade is linked to lots of other diseases too.
- Ebola, HIV, and several intestinal parasites can all be traced to bushmeat.
- It doesn't matter which animal poachers kill. All wildlife is connected and when you upset the balance of nature it threatens everyone and everything.

HELP WILDLIFE BY NOT EATING BUSHMEAT!

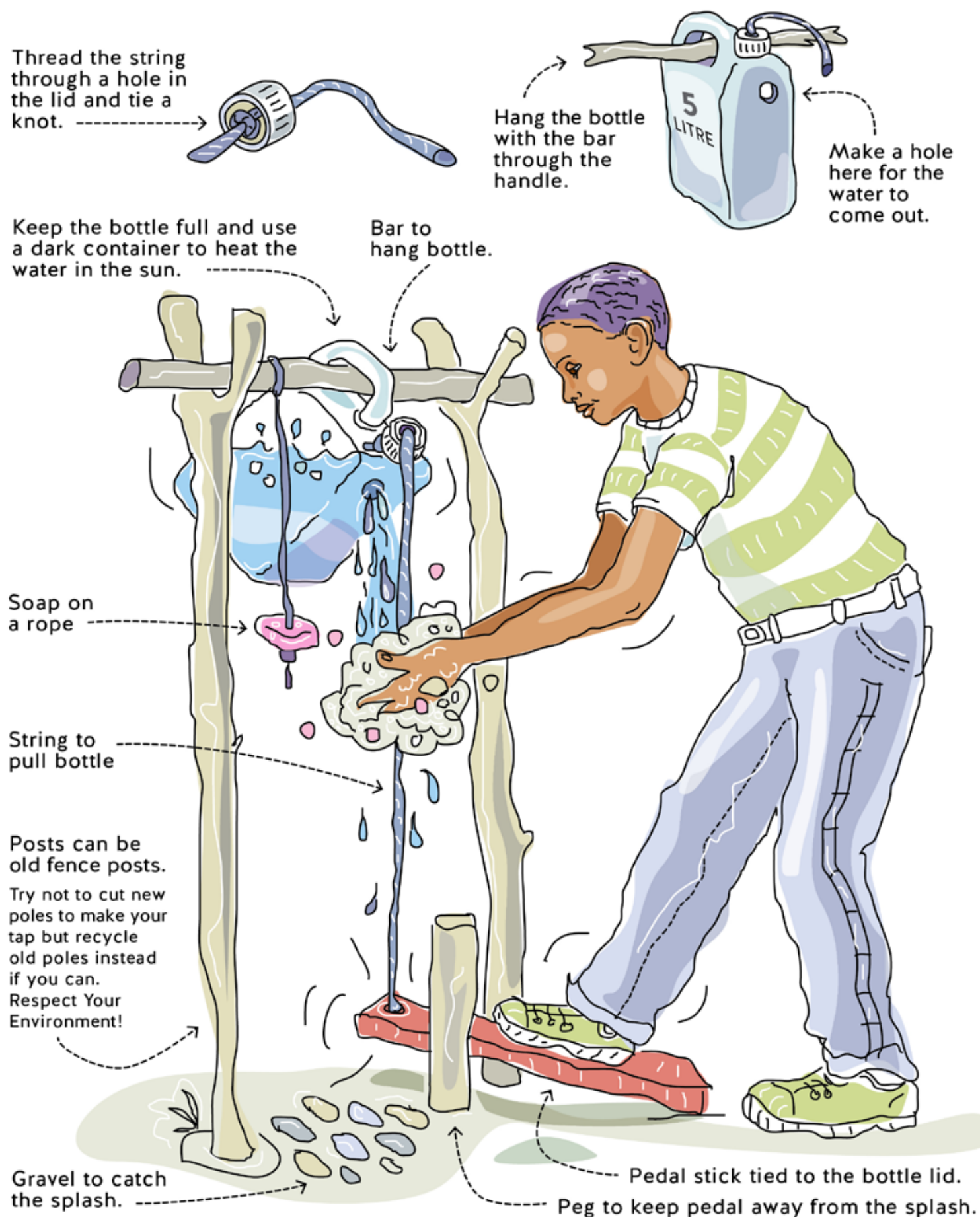
PROTECT YOURSELF BY NOT GETTING SICK!

REMEMBER, WE ARE ALL CONNECTED!

You can HELP by becoming a Kid Who Cares:

Step 1: RESPECT YOURSELF

TRY BUILDING YOUR OWN TIPPY TAP TO WASH YOUR HANDS HYGIENICALLY AND SAVE WATER.



TIPPY TAP TIPS:

Make sure your soap is safe from squirrels, mice and birds which might try to eat it. You use a plastic-coated washing line to hang your soap if you can, as they are harder for squirrels to climb down than string.

Keep the soap high off the ground and at least 30cm away from the side posts.

Avoid berry or fruit-flavoured soaps which may attract rodents.

Build your own tippy tap



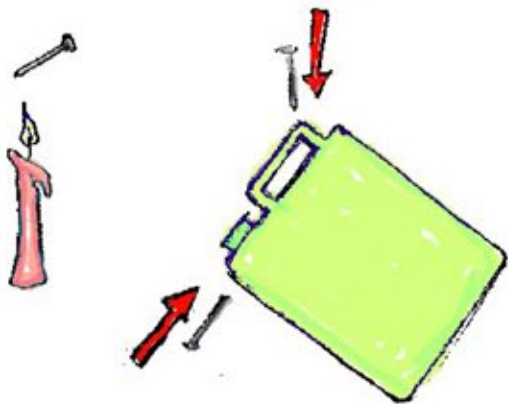
1. Dig two holes 18in deep and about 2ft apart



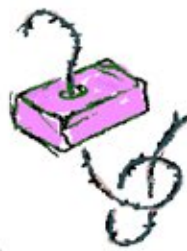
2. Place the forked sticks, ensure they are level



3. Fill holes with soil & rocks, and pack tightly



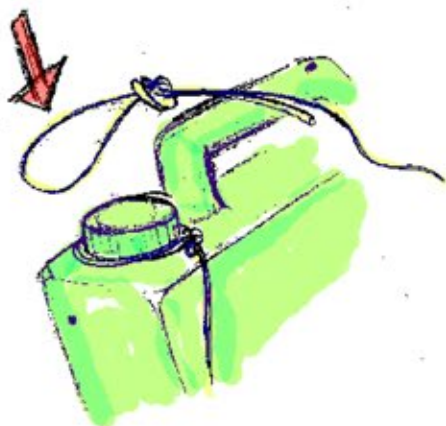
4. Heat the nail and make holes in the water container



5. Make a hole in the soap and thread string



6. Hang container & soap and fill with water



7. Attach string to water container



8. And to foot lever stick

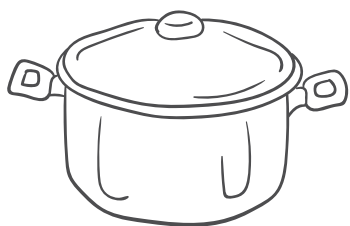


9. Use gravel as basin to capture water

Source: tippytap.org

Step 2: Respect each other - Practice social distancing

- Very simply “Social Distancing” opens up space between people.
- If everyone stays at least 2m apart it helps stop the virus spreading between people.
- Social distancing methods include: closing schools, restaurants, shops, churches, and other places where people gather; not meeting with friends; not going to stores unless it is necessary; working from home; not taking public transport, including buses, combis and taxis.
- If you must go out, make sure you are at least 2 meters away from other people and
- stay away from any gathering of more than 2 people.
- Viruses spread when someone sneezes or coughs out tiny droplets. These droplets don't usually travel more than 2 meters before falling to the ground.
- Staying away from friends, extended family, and social activities can be hard, but ultimately it is necessary to save lives. Here are some things to keep you busy!



**HELP WITH COOKING
OR THE CHORES**

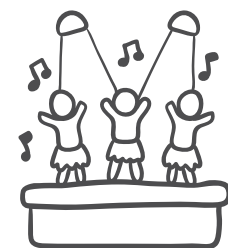
**READ A
BOOK!**



**HAVE A GO AT SOME
OF THE ACTIVITIES IN
THIS BOOKLET**

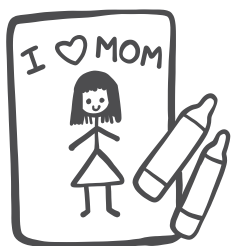


**PLANT SOME
VEGETABLES
IN A CIRCLE
GARDEN**

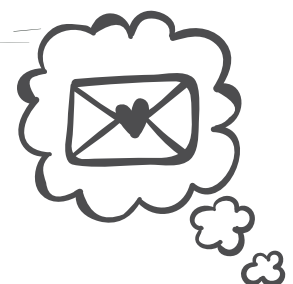


**SING AND
DANCE!**

**ARTWORK
MAKE A
DRAWING OR
CREATE A
SCULPTURE**



LET'S STAY HOME!



**ENJOY SOME TIME
ALONE WITH YOUR
THOUGHTS**

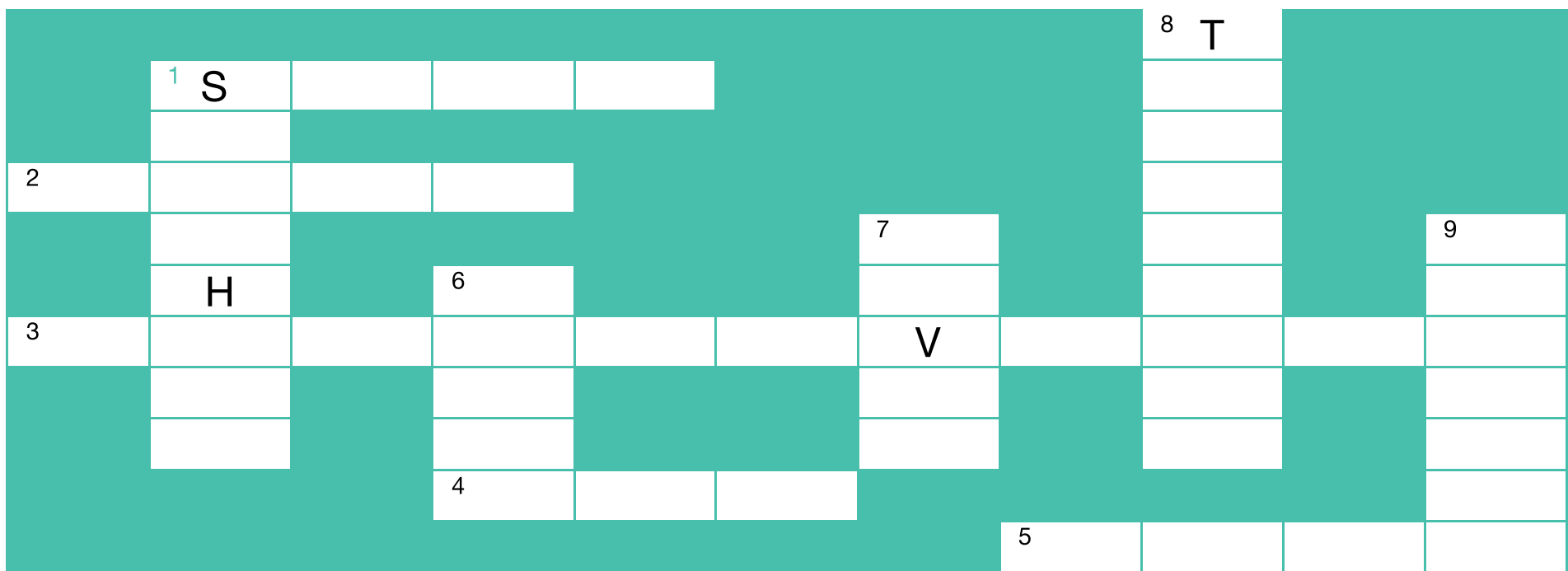
YOU COULD ALSO TRY MAKING YOUR OWN HAND SANITISER!

Mix 6 tablespoons of surgical spirit with 3 tablespoons of aloe vera gel.

Store in an empty container or keep in an old soap dispenser.



COVID-19 Crossword



ACROSS

- Used to wash hands.
- Do this to your hands after touching surfaces.
- COVID-19 is a type of...
- What temperature water is best to wash your hands?
- You shouldn't touch your own what?

DOWN

- What is the best thing to do during the COVID-19 outbreak?
- One symptom of infection is a dry...
- A word for a high temperature.
- The safe distance to keep away from people.
- Viruses cause it. Vultures stop it. What is it?

COVID-19 Word Search

N	J	F	V	H	B	U	O	I	N	F	E	C	T	I	O	U	S	D	E	S
T	O	S	A	F	E	D	I	S	T	A	N	C	E	L	E	K	Y	C	I	H
R	R	S	Y	O	V	U	L	N	E	R	A	B	L	E	H	V	H	O	K	A
U	T	B	E	S	B	I	L	L	D	L	U	N	G	S	O	P	N	R	L	N
Y	G	R	X	O	U	E	O	S	O	I	F	A	C	Y	M	D	O	O	T	D
S	J	E	S	C	C	O	U	G	H	C	S	C	O	U	E	E	U	N	P	W
Y	T	A	F	N	O	S	D	U	J	E	K	E	F	E	S	I	R	A	A	A
M	W	T	O	A	U	S	O	A	P	D	S	D	A	V	Y	X	E	V	N	S
P	Q	H	N	O	C	I	N	F	E	C	N	U	O	S	O	T	T	I	D	H
T	I	I	B	T	H	E	D	I	F	E	V	E	R	W	E	R	D	R	E	I
O	P	N	I	D	O	M	E	D	I	S	E	A	N	R	N	U	U	U	M	N
M	L	G	G	O	S	E	L	F	I	S	O	L	A	T	E	M	P	S	I	G
S	E	F	Y	K	T	Z	I	E	D	S	W	P	Q	M	D	E	A	E	C	S

DID YOU KNOW?
People are already referring to kids growing up during COVID-19 as Generation C.

WORDS TO FIND: Pandemic, Coronavirus, Home, Vulnerable, Disease, Infectious, Lockdown, Fever, Cough, Self-Isolate, Breathing, Symptom, Nose, Face, Safe Distance, Hand-Washing, Soap, Lungs.

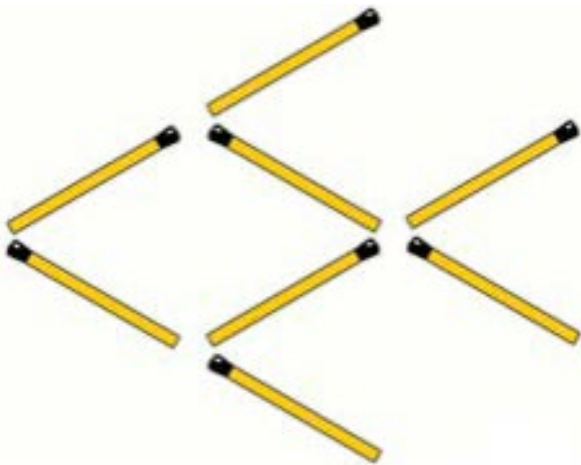
Brain teasers for when you are stuck at home!

THE RIVER PROBLEM

A farmer is traveling with a dog, a chicken, and a bag of corn. During his journey, he comes across a river with a boat to cross it. The farmer can only fit one thing in the boat with him at a time. If left alone together the dog will eat the chicken or the chicken will eat the corn. So, how does the farmer get everything across the river safely?

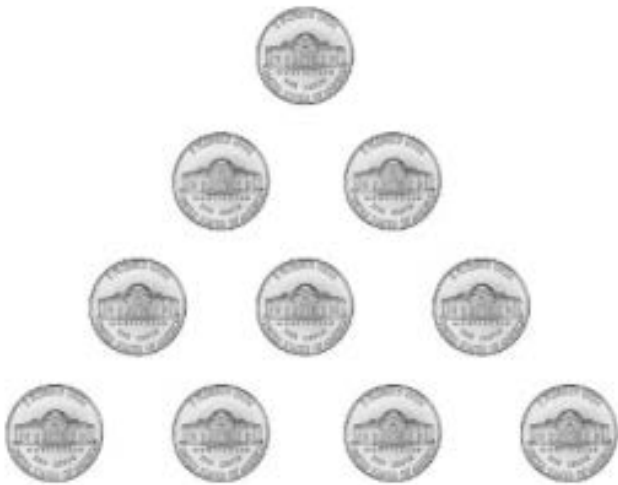
A MATCHSTICK CHALLENGE

Move only 3 matches to make the fish swim in the other direction!



COIN TRIANGLE

Move just 3 coins to turn the triangle upside down!



- Step-by-step solution to The River Problem:**
- The farmer brings the chicken across the river first (if he leaves the chicken behind, it will either eat the corn or be eaten by the dog).
 - The farmer then brings the dog or the corn across and leaves the other one alone.
 - Now the farmer has two items on the other side of the river including the chicken. If he leaves the chicken again the same problem will occur. So, the farmer must bring the chicken back when he returns to the other side.
 - The farmer brings the remaining item across the river (either the dog or the corn) and leaves the chicken behind this time. The dog and the corn are now on the other side of the river.
 - The farmer returns and brings the chicken across the river again.
- Matchstick solution:**
- Move the top tail match to join the bottom of the tail with the lower fin. Next move the match forming the top of the fish's head down (parallel with the first match you moved). Finally, take the top match and add it to the bottom of the new fish, now swimming to the left.
- Coin solution:**
- Move the two widest coins from the base and move them up to the row of two. Take the top coin and move it to the bottom. Finished!!

Colouring activity

Create your own colourful vulture!

Remember: Vultures are vital members of nature's own clean-up crew!



Inspiring kids to protect themselves, others and the natural world around them.

Step 3: Respect your environment. Help to conserve water and recycle plastic by digging your own CIRCLE GARDEN

Circle gardening is an inexpensive and simple way of growing large amounts of food in small spaces using very little water. Planting in circles (instead of straight lines) is a more efficient method of growing food where there is a chance of drought, floods or a loss of topsoil.

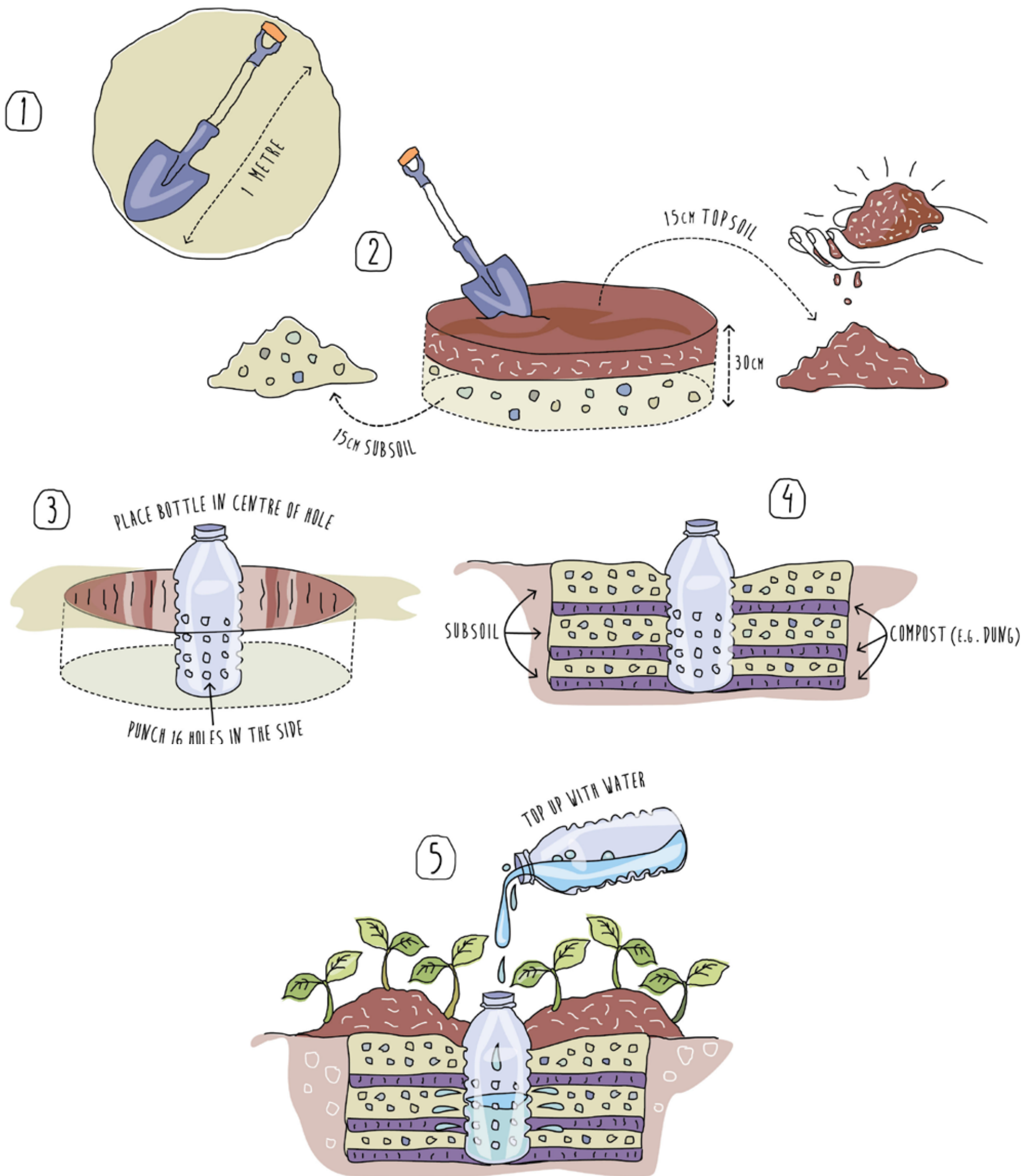
HOW TO START:

1. Mark out a circle (1-meter across, or the length of one spade from side to side).
2. Dig out 15-20cm of topsoil and place it in a pile to the side to use later.
3. Then remove another 15-20 cm of subsoil and place it in a different pile. Your hole should now be deep enough to sit a 2 Litre bottle in.
4. Make 16 small needle-sized holes in the sides of your 2 litre bottle (it may help to heat your needle). The holes should be in 4 rows.
5. Place the bottle in the middle of the hole you have dug in the ground.
6. Add 2cm of compost (dung, fertilizer or dry grass) to the bottom of your hole.
7. Add 8cm of subsoil (from your second pile). Add water.
8. Continue replacing the subsoil, alternating with layers of compost and watering each layer until you have used all your subsoil.
9. This technique creates a water holding sponge into which the plant roots can grow.
10. Now replace the topsoil. The surface of the bed should finish a bit higher than the surrounding ground making a raised circular bed.
11. Scoop the soil out from the center of the circle to create a basin around the mouth of the 2lt bottle in the middle of the hole.
12. Cover the soil surface inside the basin with a layer of mulch (dry grass or wood chippings). It is very important to use mulch. It prevents water loss by evaporation.
13. Plant seeds or seedlings around the basin in circles. One circle garden can grow 5 cabbages or 4 rows of beans, or a variety of other crops.

REMEMBER:

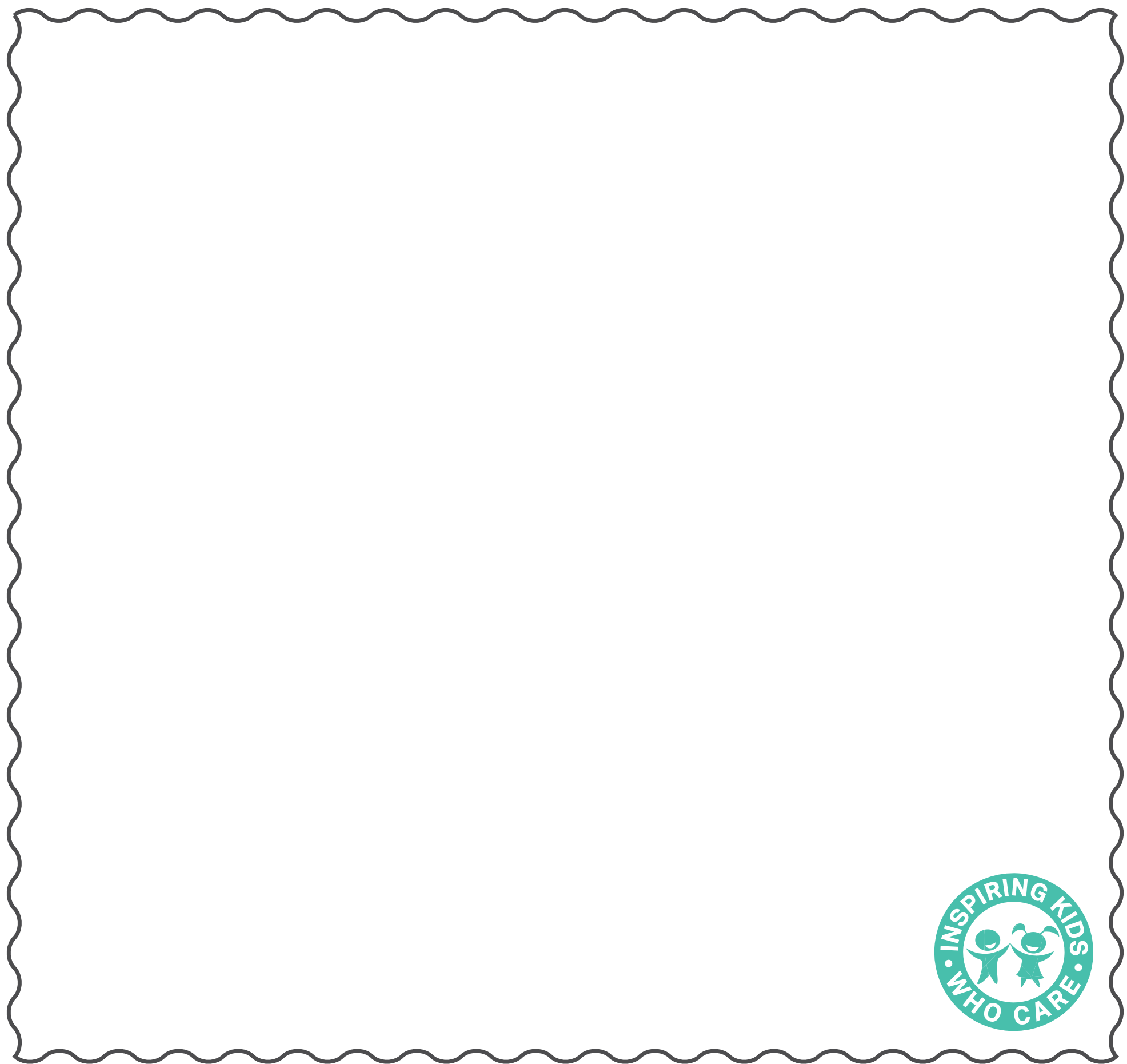
- Fill up the buried bottle with water at least once a week. You can check whether it needs water by sticking a dry dipstick into the bottle. Any straight stick will do!
- Circle Gardens build soil fertility and help to prevent the unnecessary loss of soil.
- Raised beds give more soil depth for a healthy root system.
- The basin shape of the completed bed funnels water into the soil so it doesn't run off.
- Let us know how you get on with this way of growing!

Circle Garden



We are all connected!

Draw a picture or write about “**HOW WE ARE ALL CONNECTED**” Think about the COVID-19 outbreak. Are we connected to animals? Do we show them enough respect? How are we connected to each other and the environment? How can we show more respect for keeping these connections healthy? We would love to see your pictures, letters or poems. Ask your teacher to give them to us when we visit your school, mail them to Coaching Conservation, Private Bag 13, Maun, Botswana, or snap a pic with your phone and send them to us on WhatsApp: 071 804 0713. **THE BEST ENTRIES WILL RECEIVE A PRIZE!**



Check your knowledge

Q.1 WHAT ARE THE MOST COMMON SYMPTOMS OF COVID-19?

Q.2 WHO IS MOST VULNERABLE TO THE DISEASE?

Q.3 CAN IT ALSO AFFECT YOUNG HEALTHY PEOPLE?

YES

NO

Q.4 HOW DID COVID-19 FIRST INFECT HUMANS?

Q.5 HOW DOES THE VIRUS GET SPREAD BETWEEN PEOPLE?

Q.6 WHAT CAN I DO TO PROTECT MYSELF AND MY FAMILY?

Q.7 HOW FAR SHOULD I STAY AWAY FROM OTHER PEOPLE DURING THIS DISEASE OUTBREAK?

1 METRE

AT LEAST 2METRES

Q.8 CAN PEOPLE WHO HAVE NO COUGH, FEVER OR OTHER SYMPTOMS SPREAD THE DISEASE?

DEFINITELY NOT

IT'S POSSIBLE



This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the upper right-hand corner, there is a partial view of a teal-colored circular logo. Inside the circle, the words "WHO CARE" are written in white, uppercase letters. Above the text, there are two stylized green star or leaf-like shapes.



Coaching Conservation® has been delivering innovative conservation education programmes in Africa since 2004. Our holistic approach promotes the connection of all living things and encourages children to: Respect Yourself, Respect Each Other and Respect Your Environment.

Wild Entrust is especially committed to supporting education that catalyses enduring change, promoting a sustainable future for wildlife and people. Coaching Conservation delivers such transformative educational experiences through our unique Learning from Wildlife model, with its content and messages informed by Wild Entrust's longterm scientific research programme, Botswana Predator Conservation. BPC have been operating since 1992, developing a global reputation based on their focus on field research, applied conservation solutions, and making a tangible difference to wildlife conservation in the region.

Dr Hugh Webster
Louise Montgomery
Charles Bongers
Tjipo Keaikitse
Dylan McLaren
Justin McLaren
Sue Mackintosh
Sally Price Smith
Peter Brack
Dr JW Tico McNutt and
Lesley McNutt

WE ARE ALL CONNECTED!





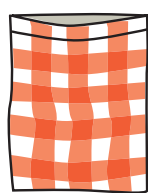
FACE MASKS – PROTECT YOURSELF, PROTECT EACH OTHER

THE BEST WAY TO PROTECT YOURSELF IS TO STAY AT HOME, MAINTAIN SOCIAL DISTANCING (KEEPING AT LEAST 2 METRES AWAY FROM OTHER PEOPLE), WASH YOUR HANDS REGULARLY, AND ALWAYS AVOID TOUCHING YOUR FACE.

If you do have to leave the house for groceries or if you become sick (or must take care of someone who is sick), a face mask should be worn. The World Health Organization is clear that masks won't give you 100% protection, but they can help protect you from catching the virus or accidentally spreading it to those around you if they're worn and managed correctly.

MAKE YOUR OWN MASK
WITH A COTTON CLOTH, TWO
ELASTIC BANDS, AND A SHEET
OF PAPER TOWEL.

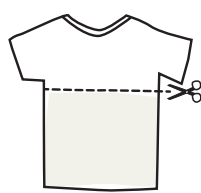
With a cotton cloth, two elastic bands, and a sheet of paper towel.



PILLOWCASE



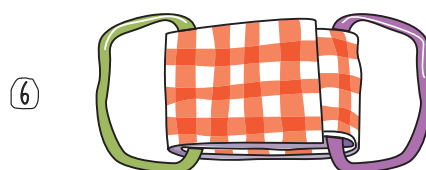
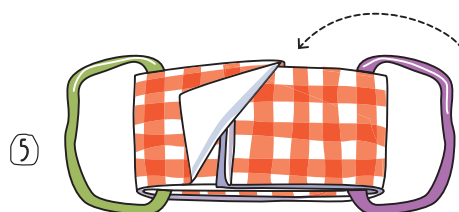
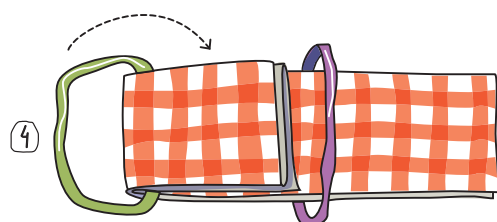
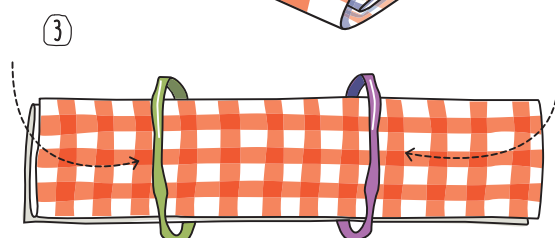
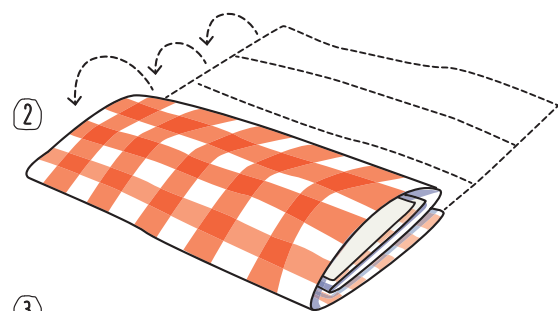
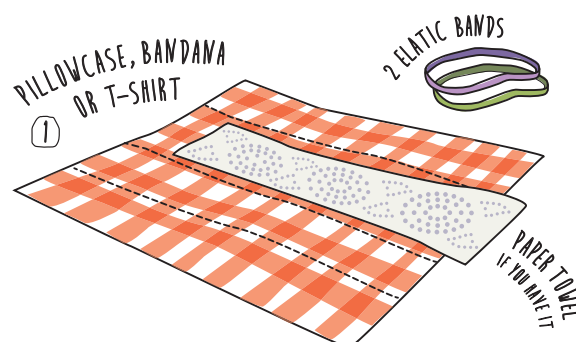
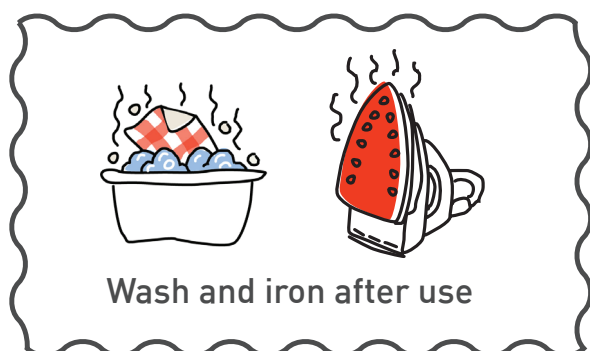
BANDANA



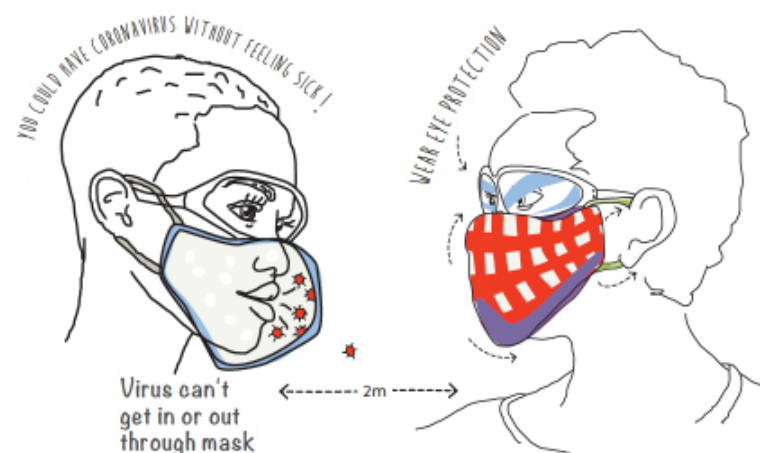
T-SHIRT

Instructions

- Fold an appropriate part of a tightly woven dishcloth, a cotton t-shirt or a pillowcase several times (around a paper towel if you have one).
- It is a good idea for the inside and outside of your mask to be different so you don't accidentally put the outside over your mouth.
- Place elastic bands over the ends and fold cloth inwards before using the elastic bands to hook the mask over your ears.



HOW MASKS WORK



Guidelines for safe use:

1. Wash your hands before putting it on.
2. Put on your mask with the correct side facing you, making sure it covers your nose and mouth, and fits securely.
3. Once you have put on the mask, DO NOT TOUCH IT AGAIN until you get home and take it off. (Touching your mask with dirty hands can spread the virus onto your face.)
4. When you take it off, carefully fold the mask inside out and place it in warm soapy water.
5. Wash your hands again before doing anything else.
6. **WASH MASK IN WARM SOAPY WATER** after every use and **IRON** it or hang it in the sun to destroy the virus.
7. You should have at least two different masks so you always have one ready for use while the other is in the wash.