



# Stay Safe at HJS

Remember to stick to the rules





# What is Covid 19?

It's a virus.

Viruses are tiny micro-organisms,  
smaller than bacteria.

They cannot live outside a human or  
animal body.

Other viruses include:

Colds.

Flu (short for **infl**uenza)

Chicken Pox.





# Symptoms

Continuous cough.

High temperature.

Loss of or change in sense of smell or taste.

Tell someone if:

You can't stop coughing for more than an hour.

Your chest, back or forehead feels hot.

You feel shivery.

You can't smell something like toothpaste – something with a strong smell.





**HANDS**



**FACE**



**SPACE**

# Stay safe

Good hygiene.

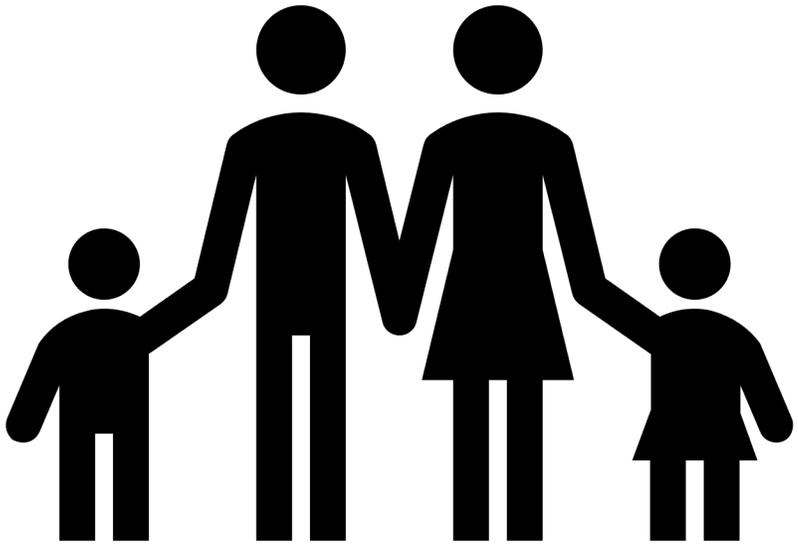
Think about what you touch.

Think about where your breath goes.

Think about how far your breath travels.

Think about who you come into contact with.





# Contacts

How many people you spend time  
with





# Contacts

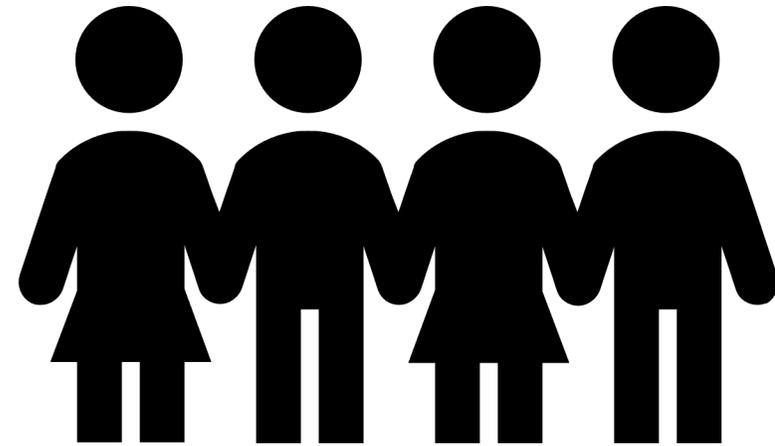
Family  
Friends  
Class  
Teachers  
Clubs





# Space

How close you get to people





# Space

2 metres

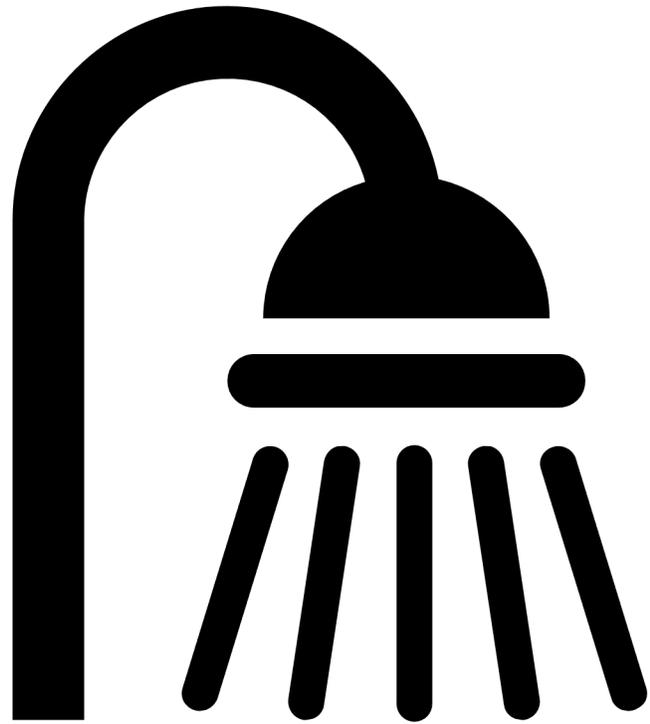
1 metre +

Less than 1 metre

Touching

Indoors and outdoors





# Hygiene

How you avoid touching and spreading





# Hygiene

Droplets – small particles from your breath that drop onto surfaces or stick on your hands.

Wash hands.

Clean surfaces.

Avoid touching your face.

Avoid touching each other.

Cough or sneeze into a tissue.

“Catch it, bin it, kill it.”





# Ventilation

Using fresh air to blow that virus  
away





# Ventilation

Aerosol transmission – tiny droplets from your breath in the air.

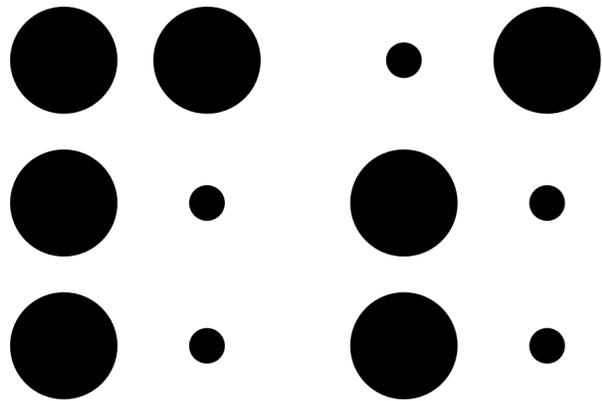
Keep the windows open.

Wear extra layers in the winter.

Avoid speaking directly at someone's face.

Avoid shouting.





# Bubbles

The group of people you spend most of your time with





# Bubbles

Know who is in your bubbles.

Limit the number of bubbles you are in.

Family bubble.  
Outside school

Class bubble.  
Anywhere inside school

Year group bubble.  
Outside at play time.  
Entering school.  
Leaving school.





# Face coverings

If you wear a mask, make sure you know how to do it safely.

You don't have to wear a mask in school, but some of the grown ups will.





# Help

What to do if you feel unwell,  
worried or unhappy





# Help

Talk to your family.  
Talk to your teacher.  
Talk to your friends.

In school – any grown up.  
First aid in the medical room.  
Have a chat with Jackie.

Outside school – NHS.  
Your doctor.  
Call 111.

