

# Rules specific to Coronavirus



- Wash your hands regularly for a minimum of 20 seconds
- If you cough or sneeze follow the guide "catch it, bin it, kill it" and wash your hands straight away
- Stay in your bubble - do not mix with children/adults in other bubbles
- Use your own equipment and water bottle - do not share

- Try to stay socially distant from others - no hugging or holding hands



If you feel unwell tell an adult straight away

