

Simple tips for preventing the spread of flu and COVID-19

Keeping our school and early learning centre communities safe and healthy



Keep sick children at home, stay away from school or other gatherings



Play it safe and remind children to keep a safe 'breathing space' between themselves and others



Keep track of who your child has seen and where they've been



Wash and dry hands regularly with soap and water for at least 20 seconds



Remind children to cover coughs and sneezes with your elbow or tissue



Children should bring their own drink bottle. Do not share food or drinks with others

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For more information visit:
www.covid19.govt.nz or www.fightflu.co.nz

Unite
against
COVID-19

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