

# SIMPLE TIPS FOR PREVENTING THE SPREAD OF **FLU & COVID-19**

Keeping our early learning 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/drink with others

For more information visit:  
[www.covid19.govt.nz](http://www.covid19.govt.nz) or [www.fightflu.co.nz](http://www.fightflu.co.nz)

Unite  
against  
**COVID-19**

**Regional Public Health**  
HAUORA Ā IWI KI TE ŪPOKO • O TE IKA A MĀUI  
Better health for the greater Wellington region