



PRACTICE PROPER HYGIENE

WHEN COUGHING OR SNEEZING, COVER YOUR MOUTH AND NOSE WITH YOUR BENT ELBOW OR WITH A TISSUE. DISPOSE OF TISSUES INTO A CLOSED BIN IMMEDIATELY AFTER USE.

PROTECT YOURSELF AND OTHERS



IF YOU ARE SICK OR SEE SOMEONE WHO IS SICK, KEEP YOUR DISTANCE TO PREVENT GERMS FROM SPREADING. STAY AT HOME IF YOU HAVE SYMPTOMS OF ILLNESS.



SEEK MEDICAL ADVICE EARLY

IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL ATTENTION AND FOLLOW THE DIRECTIONS OF YOUR LOCAL HEALTH AUTHORITY.

WASH YOUR HANDS...
AND OTHER
"HANDY" TIPS

SCOUTS CARING FOR
THEMSELVES AND OTHERS

BROUGHT TO YOU BY



Scouts
NSW



WASH YOUR HANDS

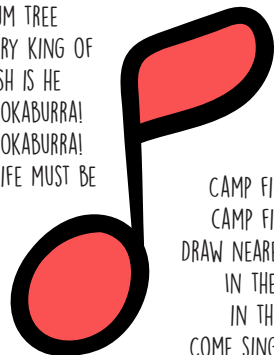


WASH YOUR HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS AFTER COUGHING OR SNEEZING, BEFORE AND AFTER EATING, AND AFTER USING THE TOILET.

SING A CAMP SONG WHILE YOU WASH

THESE WELL LOVED SCOUTS CAMP SONGS WILL GUIDE YOU FROM START TO END WHILE WASHING YOUR HANDS

KOOKABURRA SITS IN THE
OLD GUM TREE
MERRY, MERRY KING OF
THE BUSH IS HE
LAUGH, KOOKABURRA!
LAUGH, KOOKABURRA!
GAY YOUR LIFE MUST BE



CAMP FIRE'S BURNING,
CAMP FIRE'S BURNING
DRAW NEARER, DRAW NEARER,
IN THE GLOAMING,
IN THE GLOAMING
COME SING AND BE MERRY



USE HAND SANITISER

WHEN SOAP AND WATER ARE NOT AVAILABLE, USE AN ALCOHOL-BASED HAND SANITISER. RUB YOUR HANDS UNTIL THEY ARE DRY.

AVOID TOUCHING YOUR FACE



OUR HANDS TOUCH MANY SURFACES AND CAN PICK UP VIRUSES. AVOID TOUCHING YOUR EYES, NOSE AND MOUTH WITH UNWASHED HANDS. WIPE SHARED SURFACES SUCH AS KEY BOARDS AND MOUSE.