

I am Virus-Free. Now what?

We are in a pandemic. That means that a virus is being passed from one person to another person. This virus is called the Coronavirus. There are many many people who have the virus. This is why it is called a pandemic.



I did a virus check a little while ago.

Someone said I am virus-free. That is good.

Other people might have the virus. It is hard to tell if they have the virus. I could still catch the virus from them. This means that it is still a good idea to try to stay virus-free.



So it is a good idea to take extra care. Here are some ways to stay virus-free:



Wash hands a lot. This is very very important! For this long: Say the verse to “You Are My Sunshine”

I can try to:

- Stay apart from other people, standing or sitting.



- Keep my hands:

✚ Away from people

✚ Away from my face



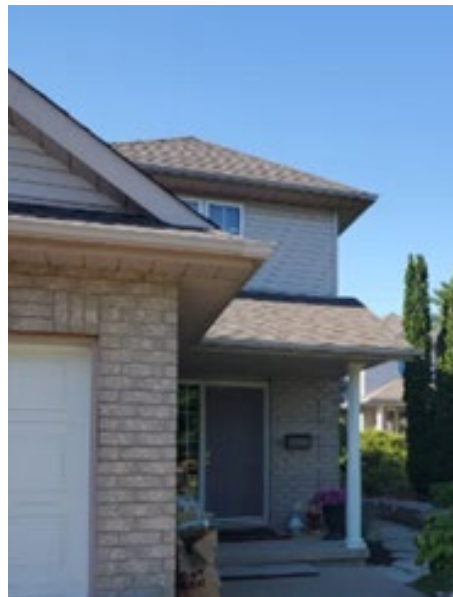
- Talk only.



- Cough, sneeze into arm.



- Stay home most of the time





I can try to wear a mask when my staff asks me to.

Follow the lines in stores and offices.



These ideas usually keep people away from the virus. It is important for people to do these things. There might be other things to do too. Staff will let me know.

Staff might ask me to do the virus check again some day.



The pandemic will stop. It is hard to say when it will stop. Someone will tell me when it is time to stop taking extra care.