



DORSET & WILTSHIRE
FIRE AND RESCUE

C19 MINT SUPERHEROES



To help keep everyone safe we all need to be like C19 Heroes and do as they ask



Wilma "Wash your hands"

It is important that you keep your hands really clean. Wash them often with soap and water. You need to wash them for 20 seconds. You could say the alphabet, or Happy Birthday or learn the NHS handWash Song.



Stephen "Stay at home"

It is important to stay safe at home. If you are able to, you can go for one walk, run or cycle a day. The rest of the time you must stay at your home or in your garden (if you have one) to help keep everyone safe and well.



Koby "Keep your distance"

If you do go out for a walk, it is very important that stay away from anyone that you do not live with. It may seem unfriendly but we need to stay 2 meters away from each other to keep everyone safe



Holly "Keep healthy"

It is important that you keep yourself healthy. Drink plenty of water during the day. Try to eat your "Five a day" five different types of fruit and vegetables. Have healthy snacks and try and do some exercise at least once a day.