Shower or wash all over every day with soap.

Brush your teeth twice a day.

Keep cuts and sores clean and covered.

Keep coughs, colds and other germs to yourself.

Don’t share drinks.

Wash and dry your hands after going to the toilet and before eating.

Don’t spit – it’s gross!

Wear clean underwear and socks every day.

Change sheets and towels often (at least once a week).