

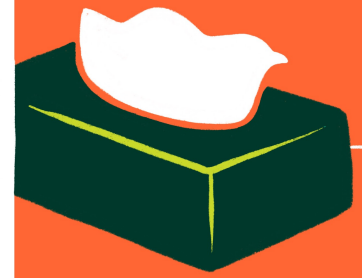
# THE STORY SEEDS PODCAST

## EIGHT SIMPLE THINGS TO KEEP CORONAVIRUS AWAY →

THERE'S A NEW BAD GUY IN TOWN AND HIS NAME IS COVID-19, AKA, THE CORONAVIRUS. SINCE IT INVADERS YOUR BODY THROUGH YOUR EYES, NOSE, AND MOUTH, HERE ARE 8 SIMPLE THINGS YOU CAN START DOING EVERYDAY TO KEEP THE CORONAVIRUS AWAY.



1 GREET YOUR FRIENDS WITH AN ELBOW BUMP INSTEAD OF YOUR SECRET HANDSHAKE



2 IF YOU SEE SOMEONE PICKING THEIR NOSE, SLIP THEM A TISSUE



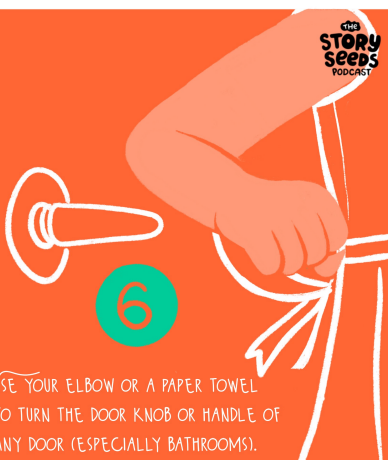
3 SNEEZE INTO YOUR ELBOW, NOT YOUR HANDS



4 USE YOUR KNUCKLES INSTEAD OF YOUR FINGERS TO PRESS ANY BUTTONS IN PUBLIC SPACES - LIKE ELEVATOR DOORS, DOORBELLS, OR BUZZERS



5 WASH YOUR HANDS OFTEN, ESPECIALLY BEFORE YOU EAT OR AFTER YOU USE THE BATHROOM. MAKE SURE YOU COUNT TO 20 OR SING THE HAPPY BIRTHDAY SONG FROM START TO FINISH TWO TIMES BEFORE RINSING.



6 USE YOUR ELBOW OR A PAPER TOWEL TO TURN THE DOOR KNOB OR HANDLE OF ANY DOOR (ESPECIALLY BATHROOMS).



7 EVERY DAY, AFTER YOU FINISH YOUR SCHOOL WORK, WIPE DOWN YOUR ELECTRONIC DEVICES WITH A DISINFECTANT WET WIPE.



8 WE'RE ALL HUMAN AND SOMETIMES WE FORGET TO DO THESE THINGS, SO MAKE SURE YOU ALWAYS CARRY HAND SANITIZER.