



State of Israel
Ministry of Education
Health Supervision – Pedagogical Administration

Back to Routine in the Shadow of the Corona Crisis

Going big on the Purple Badge

Staying 2 meters apart

It's easy when you remember to count 2 large steps from your friends.



Wear a face mask

Don't forget to smile under the mask, it's good for you! Your eyes will reflect your smile.



Sneeze into your elbow

Remember to sneeze into your elbow!



Wash your hands with soap and water

Add water, scrub with soap, count to 60, wash off and wipe your hands with a towel. Now you're a handwashing pro!



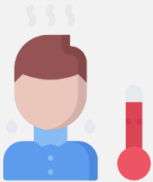
Take your temperature

Stay at home and rest if you have a temperature above 38 degrees.



Stay home if you are sick

Come to school only if you feel well, to keep yourself and others healthy.



Try to walk to school, instead of by public transport.

This is a great opportunity to stay healthy and in shape!



Bring your own lunch

Bring a healthy and filling meal including a sandwich, a vegetable, and a fruit.



Getting into shape

At least one hour of physical activity and a healthy daily diet are the best way to keep your immune system strong.



Getting into shape

At least one hour of physical activity and a healthy daily diet are the best way to keep your immune system strong.



Taking responsibility for our health!