

Public health is a concept that refers to preventing disease, as well as promoting health through the combined efforts of the members of society. From the onset of the COVID-19 pandemic, we have all partaken in many different aspects of public health to protect not only ourselves but the people around us. We understand that public health is a matter of huge importance for us all. So, we have compiled and created a variety of resources to help you understand the current public health guidelines and why they can be of help to you and the people around you.

We have created these resources for you to use in your homes and classrooms. Below we have resources in various forms. Some are simple advice on how to have conversations with children about these public health interventions, using child-friendly language. Others are in the form of posters that can be hung in the house or classroom. We hope that these varying forms of resources help you to understand and follow the current public health guidelines.



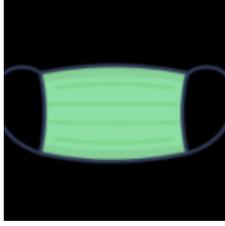
## Handwashing

We understand that following some of the current guidelines may be difficult. For example, we have created some resources to aid with washing hands and keeping hands clean to curb the spread of COVID-19.

Click [here](#) for guidelines on handwashing

Click [here](#) for guidelines in using hand sanitiser

Click [here](#) for tips when washing hands for people with sensory difficulties



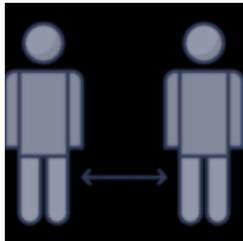
## Masks

We have also compiled a set of resources to help with mask-wearing.

Click [here](#) for guidelines on how to properly and safely wear face masks

Click [here](#) for a task analysis for teenagers on how to wash face masks by hand or [here](#) on how to wash them by machine

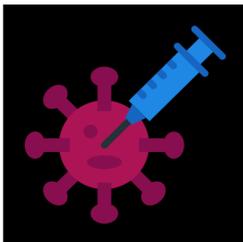
Click [here](#) for a template that can be used to help children to recognise the face behind the masks



## Social Distancing

Another key public health initiative is that of social distancing. Much like many of the restrictions added in the past year, the idea of social distancing is still very new, so we have created a social story to help explain social distancing.

Click [here](#) for the social story



## Vaccinations

The next public health initiative that has started to be rolled out is vaccination. Vaccines can often be a difficult experience for children. So, we have created several resources to assist parents in beginning the conversation about vaccines. We have also created lesson plans with accompanying videos that can be used for children to aid in their understanding of what vaccines are and why they are used as a public health initiative.

Click [here](#) for conversation tips for parents

Click [here](#) for a primary school level lesson plan on the immune system and vaccines

Click [here](#) for a video that explains vaccines for children

Click [here](#) for a social story showing granny and grandad receiving their COVID-19 vaccine