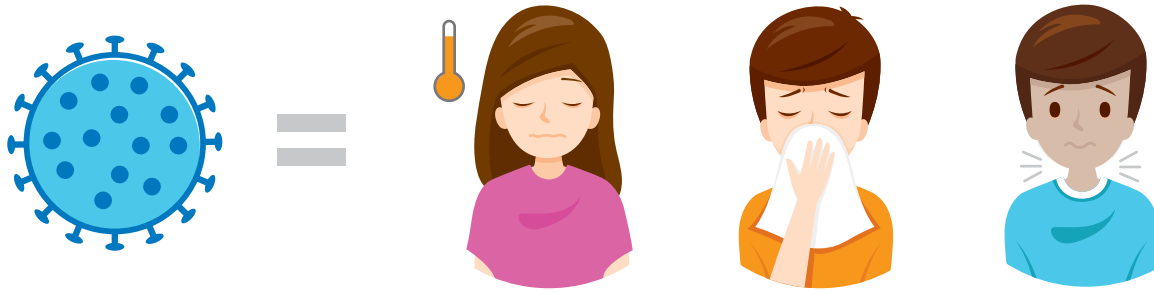




HOW TO TALK WITH KIDS ABOUT COVID-19

WHAT IS COVID-19?

COVID-19, also called coronavirus, is a virus germ that can give us a fever, cough, sore throat or make us sneeze.



Be sure to tell your parents or an adult if you have any of these things, so they can help you.

HOW DO I KEEP MYSELF AND OTHERS HEALTHY?

It is important to wash your hands for 20 seconds. You can sing the “Happy Birthday” song!
It is also important to not touch your face.



Germs are invisible.



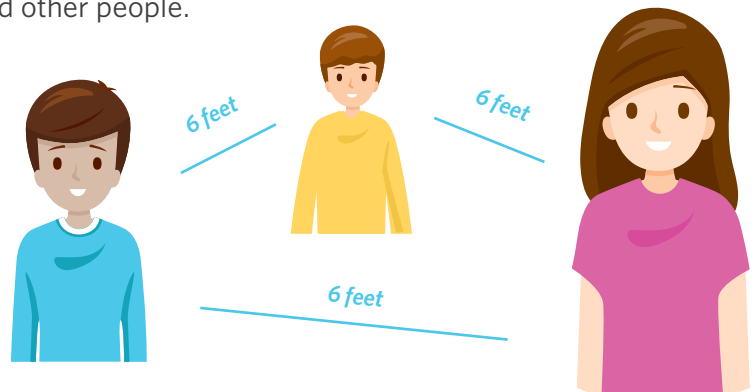
Sneeze and cough into your elbow.



Wash your hands throughout the day.

WHAT IS SOCIAL DISTANCING?

Social distancing is keeping space between you and other people.



IT IS IMPORTANT THAT WE KEEP OUR HANDS TO OURSELVES FOR NOW.



THINGS WE CAN DO!



Play games or watch movies on your tablet.



Read a book.



Play an instrument or learn a new song.



FaceTime or call your friends and family.



Play a game.



Cook or bake a new food with an adult's help.



Walk outside and get some fresh air with an adult.



Ride a bike.