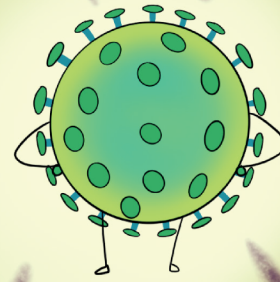


A KID'S QUICK GUIDE TO STOPPING COVID-19

GERMS! GERMS! GERMS!

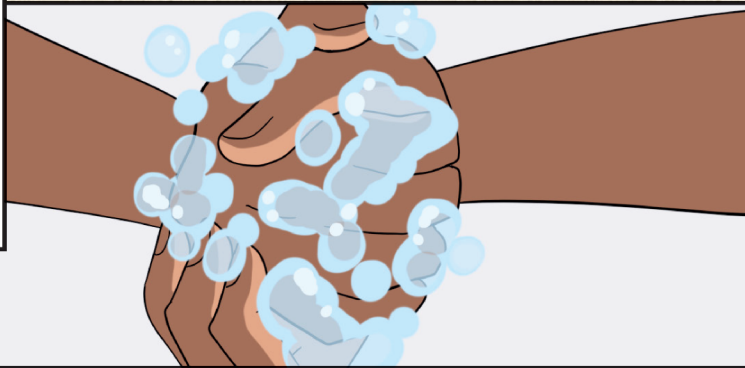
Some germs are okay.

But some germs called viruses can make us sick, like the ones that cause colds, the flu or COVID-19.



Scientists are working to make a shot or medicine that will protect us from COVID-19. There are also things we can all do that will help now.

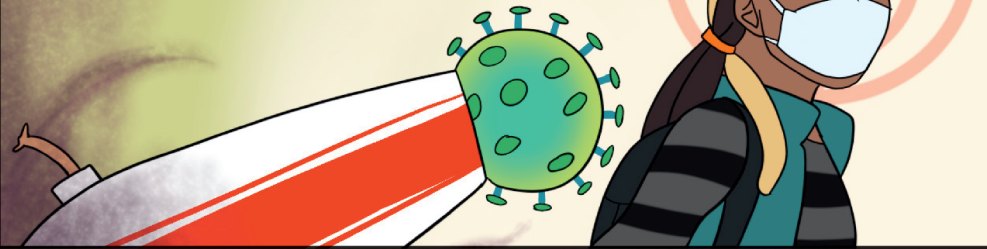
Washing our hands often is one of the most important things we can do to protect ourselves and others from viruses.



Wash your hands with soap and warm water and keep washing until you have sung the ABC's twice.



Did you know that viruses can travel like tiny cannonballs when we cough or sneeze? This is why some people are wearing face masks.



It's ok to sneeze or cough sometimes, we all do!



So when you do, pretend you are a vampire, wrap your arm around your face and sneeze or cough into your elbow. Even if we are not feeling sick, covering our mouths and noses stops germs from flying where someone else can pick them up.



It's also important to protect the sensitive skin of our eyes, mouth and nose from viruses. It can be hard, but try to not touch your face, rub your eyes and nose, or put your hand near or into your mouth.

BY DOING THESE SIMPLE THINGS, WE HELP TO STOP THE SPREAD OF COVID-19 AND OTHER VIRUSES!