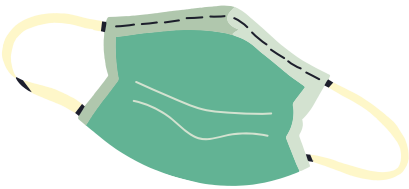


SAFETY FIRST

Limiting social activities and regular daily routines. Staying home is important for a few reasons right now. The Coronavirus is completely new and the doctors and scientists are still learning about the illness it causes (COVID-19), how it spreads from person to person, and how to treat and cure people who catch it. The virus affects people in different ways, some people get it and don't even know they have it because they don't get sick. Others get a little sick while some people get really sick and need to go to the hospital for help getting better. By staying home we reduce the number of people who catch the virus and get sick. This helps reduce the number of people who get really sick and need to go to the hospital so that the doctors and nurses don't get overwhelmed with patients.

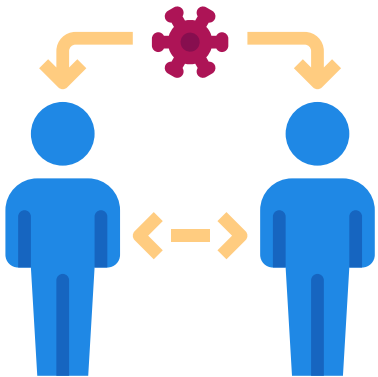
Face Masks:

As time goes on in this pandemic the doctors and scientists are learning more about the Coronavirus and how to best protect ourselves. As a result, it is now recommended that we wear face masks when we go out, especially when it is difficult to socially distance. Since the doctors and nurses in the hospitals need medical masks to stay safe at work, it is recommended that we use cloth face masks. Making your own face mask is a fun activity to do with your family.



Social Distancing:

When people sneeze, cough, talk or sing they produce tiny water droplets that can travel in the air for a little while before they fall onto the ground or other surfaces. Germs including the new coronavirus can live in those water droplets and if they come in contact with someone else they can catch the virus. The doctors and scientists know that the furthest a water droplet can travel when someone coughs or sneezes is 2 meters before it falls out of the air, so that is why it's important to stay at least 2 meters away from other people when you are outside. If someone sneezes you will still be safe if you are 2 meters away. How far is 2 meters? About 2 arms lengths away.





SAFETY FIRST

Hand Washing



Hand washing is the most important habit you can have to keep yourself healthy! Why? Because think about all the things we touch every day. Germs and viruses are invisible so we never know if or when we might have touched something that is covered with germs and viruses that could make us sick if we then touch our eyes, nose or mouth. Washing our hands with soap and water for at least 20 seconds, making sure we get to all the nooks and crannies between our fingers and under our nails washes all the germs down the sink and helps us stay healthy. To make sure you are washing for long enough, singing "Happy Birthday" twice is a good trick. Remember to wash your hands when you come home after being outside, after you sneeze or cough, and before you eat.

Hand Sanitizer



If you cannot wash your hands with soap and water, hand sanitizer with at least 60% alcohol is a good substitute. It is important to use enough to cover all of the nooks and crannies between your fingers, the fronts and backs of your hands (usually 2 pumps), and to rub your hands for at least 20 seconds. It's important to rub your hands together until they are completely dry--do not wipe your hands on your clothes to dry them faster! If you do, you are not killing all the germs on your hands AND you are dirtying them again by picking up any germs that might be on your clothes. Remember, it's important to wash with soap and water before eating, and as soon as you come home from being outside.