

Here are 5 ways kids can help:

1. Wash your hands.
Wash your hands with soap for 20 seconds. Sing Happy Birthday two times!

2. Avoid touching your eyes, nose and mouth.

3. Cough and sneeze into your elbow or a tissue.
Throw the tissue away immediately and wash your hands!

4. Eat healthy foods and drink plenty of water.

5. Stay home.
Staying home keeps everyone stay healthy!

***BONUS: Be Kind!**
Being kind helps you stay healthy. by improving your immune system!

Thanks for doing your part!

