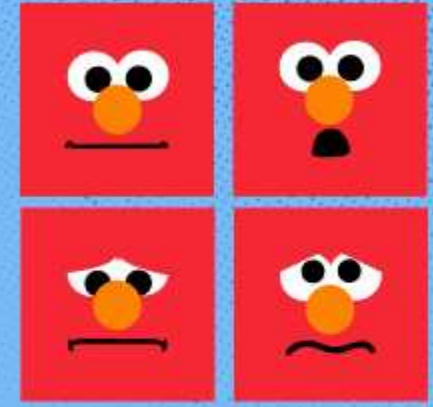


Talk to your kids about what they've heard about the **COVID-19**



Ask them how they feel about it.



Explain to them that **COVID-19** is a virus like a cold



and one way to protect ourselves is to protect our eyes, nose, and mouth.



Come up with new ways to say **HELLO.**



Above all, make sure they feel safe and protected.



Keep yourself informed.



Remember that the best way to take care of yourself and others is to:



EAT HEALTHY



REST



WASH YOUR HANDS



SNEEZE INTO YOUR ELBOW