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
- Sneeze into your elbow
- Wash your hands

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