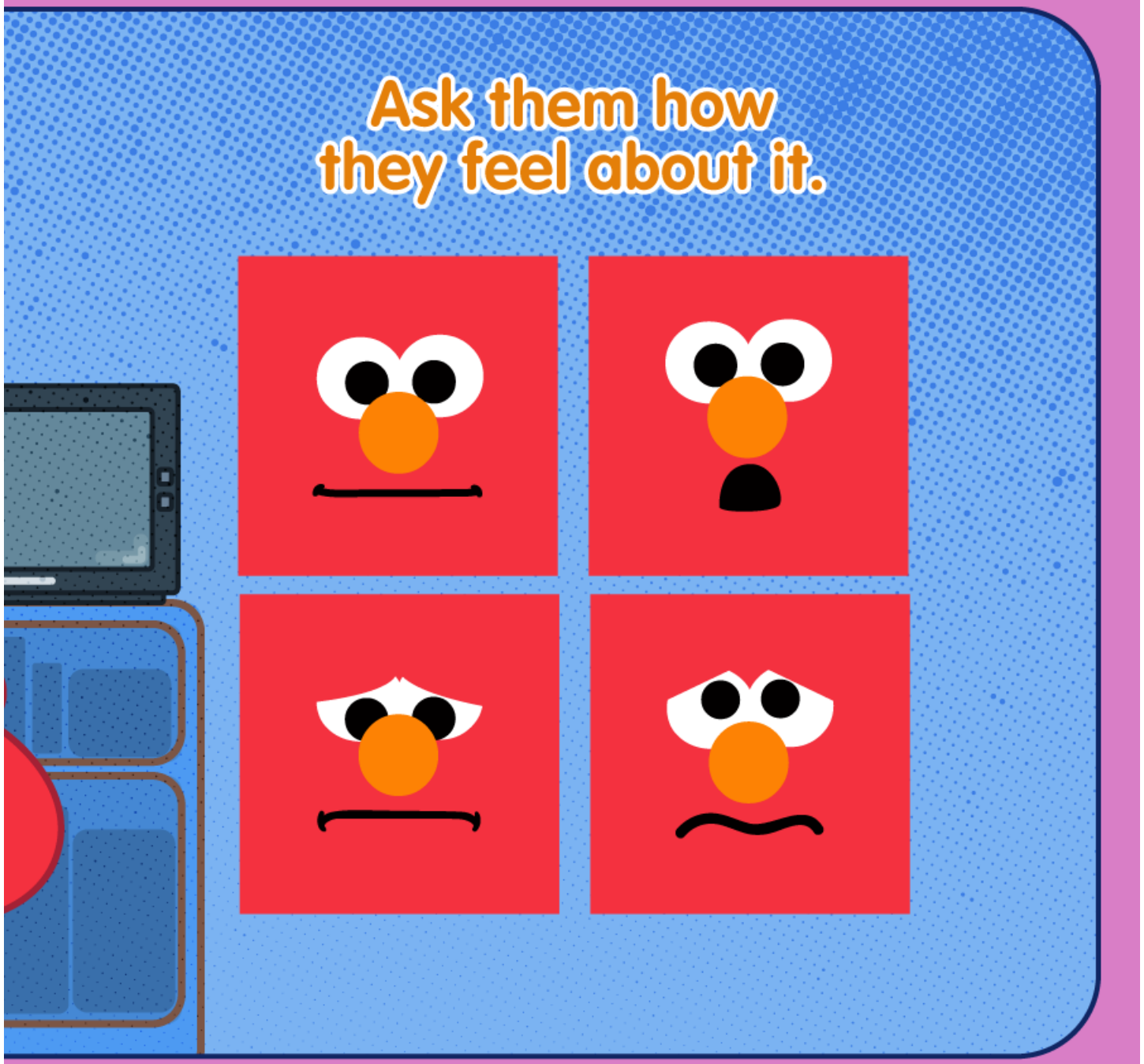
Talk to your kids about what they've heard about the COVID-19.


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