



WASH YOUR HANDS!



You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs: before eating food; after using the toilet; and after blowing your nose, coughing, or sneezing.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Follow these five steps every time:

- **WET** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **LATHER** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **SCRUB** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **RINSE** your hands well under clean, running water.
- **DRY** your hands using a clean towel or air dry them.



WEAR



WASH



WATCH

STAY SAFE AND HEALTHY. YOU CAN HELP
PREVENT THE SPREAD OF COVID-19!

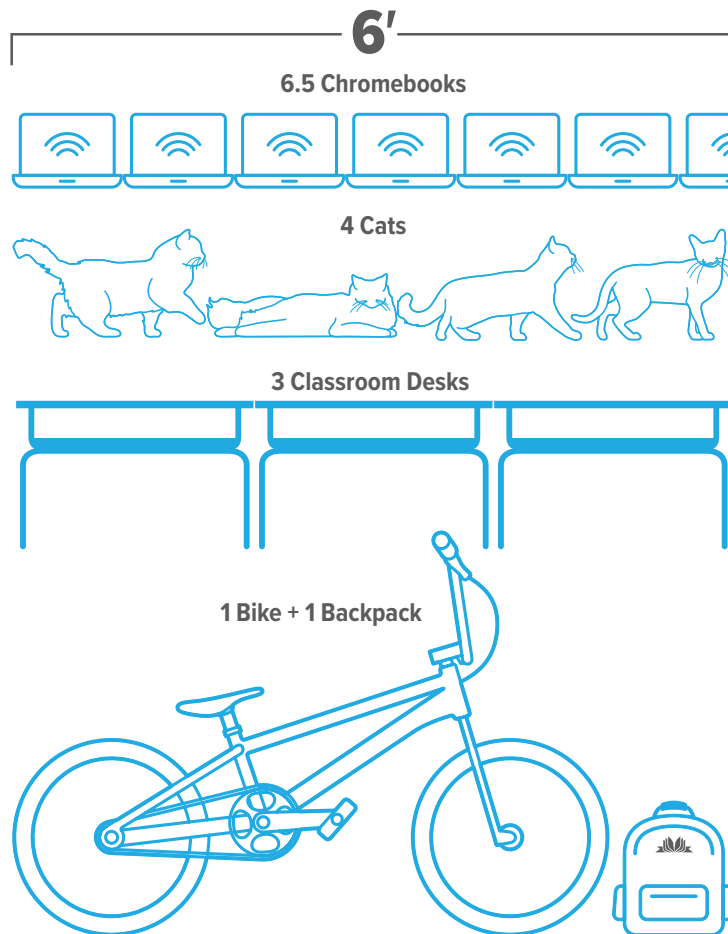


WATCH YOUR DISTANCE!



Wearing your mask, washing your hands, and watching your distance can help prevent the spread of COVID-19. Safe distancing means staying at least 6 feet away from anyone who does not live in your household. While we do have safety protocols in place at all of our buildings and sites, safe distancing will look different with students returning to in-person learning.*

What does 6 feet look like?



It will be important for parents to talk to their children about all of the “3 Ws,” but it is likely that safe distancing will be challenging for students in all grade levels. It will be hard for children to not hug their friends and teachers and to maintain distance with groups of friends that they have not seen since March. We encourage you to talk with your children about other ways to greet their friends from a safe distance.



WEAR WASH WATCH

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*Adults in our buildings will be expected to manage their distance, and we will maintain as much space as we can when students are in classrooms or moving throughout the building.

WEAR YOUR MASK!



Here are some tips to help your child adjust to wearing a mask:

● SHARE THE WHY

Use simple language and positive words. For example: “Wearing a mask will help you stay healthy and keep your friends safe.”

● PRACTICE MAKES PERFECT

Help children get used to masks by having them wear masks for periods of time across the day. For example: start with 10 minutes and work up to 30 minutes.

● EXPLAIN THE SCIENCE

Talk with children about how wearing masks can help prevent the spread of germs.

● BE A MODEL

Model mask wearing for children and share pictures of people they know wearing masks.

● GET KIDS ENGAGED

Can your child pick the color or pattern of their mask? Let children be in charge of choosing their mask.

● MAKE IT FUN

Use masks during playtime. Provide a mask for your child’s favorite toy. Can your child pretend to be a superhero while wearing a mask?

TEACH YOUR CHILD GOOD MASK-WEARING HABITS.

- » Children ages two and older should wear masks.
- » Wear your mask in public spaces.
- » Wear your mask when you are with people who do not live with you.
- » Make sure your mask covers your nose and mouth.



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