

# CHILDREN'S COVID-19 CONQUERORS



**Stay six feet apart.**



Children's  
Wisconsin

Kids deserve the best.

## Stay 6 feet from others. Do your part to stop spreading germs!

### What does it mean to stay 6 feet from others?

Keep a safe space between yourself and other people who do not live with you. Stay at least 6 feet from other people inside and outside.

### How far is 6 feet so can I picture it?

- A cow.
- Two big dogs.
- A couch.
- Your bed.
- A bathtub
- Pull out a tape measure to 6 feet and take a good look.

### Why do I need to stay 6 feet from others?

Coronavirus germs spread between people who are close to each other. Tiny water drops in your breath can have germs like coronavirus. The drops can go to another person's mouth or nose when you cough, talk or sneeze. You can give germs to other people even if you do not feel sick. Make sure to stay at least 6 feet away from people as much as you can.

### What can I do to feel together with family and friends?

It's tough not being able to hang out with your friends or see your family. There are many ways you can stay connected to friends, grandparents and family though. A few ideas are:

- Call them on the phone. Or set up a video call. That's even better.
- Write them a letter to let them know you are thinking about them, or make them a piece of art.
- Record a video or take a picture of yourself and send it to them.

We will not always need to stay 6 feet from others, but it is important right now. This is a way you can do your part to help keep everyone around you safe and healthy.

### What else can I do to help conquer coronavirus?

To be an expert COVID Conqueror, try being all the superheroes:

- Dynamic Distance - Stay 6 feet from others
- Wonder Washer - Wash hands for 20 seconds
- Mighty Mask - Wear a mask
- Captain Cough - Cover coughs with your elbow