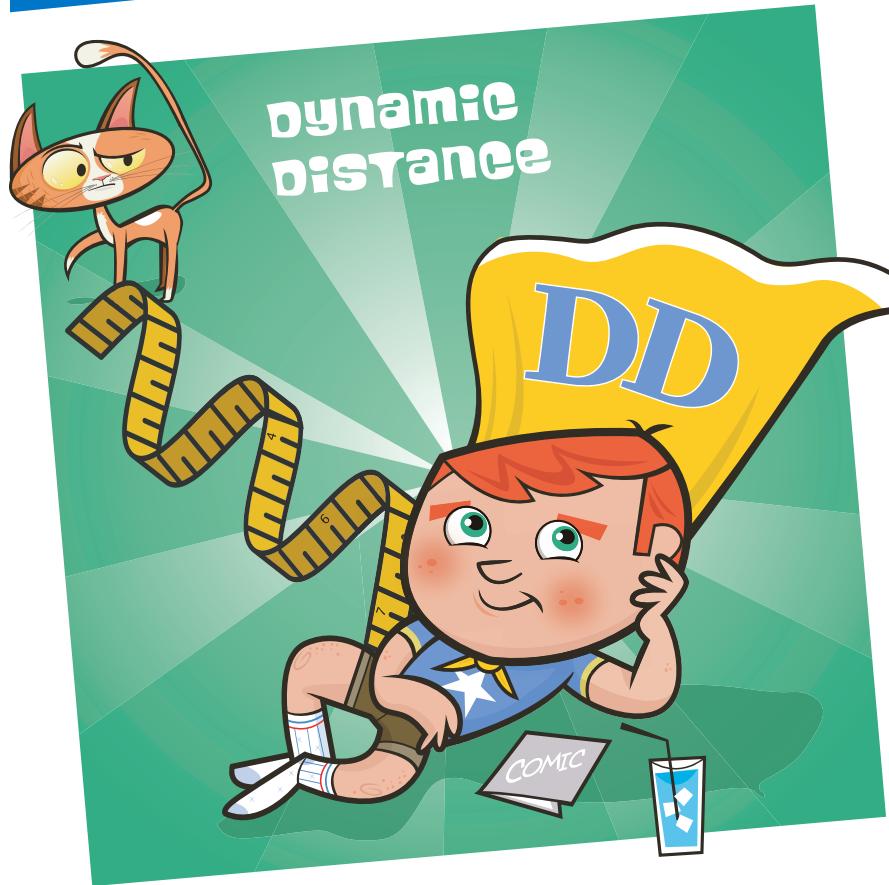


# CHILDREN'S COVID-19 conQUERORS



**Stay six feet apart.**



**Children's  
Wisconsin**

Kids deserve the best.

## Do your part to stop the spread!

### What is physical distancing?

Physical distancing means keeping a safe space between yourself and other people who are not from your household. To practice physical distancing, stay at least 6 feet from other people inside and outside.

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

Six feet is 72 inches.

It is longer than your arms held straight out on each side.

It is about as long as your bed.

It might be close to the height of one of your parents.

Ask someone for a tape measure, pull it out to 6 feet and take a good look.

### Why do I need to physical distance?

COVID-19 spreads between people who are close to each other for a long period of time.

Spread happens when someone who is sick coughs, sneezes or talks, and droplets from their mouth or nose are blown into the air. These droplets can land in the mouths or noses of people nearby.

Since people can spread the virus before they know they are sick, it is important to stay at least 6 feet away from others when possible, even if you — or they — do not have any symptoms.

### What can I do to stay connected?

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 telephone. If you are able to 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 won't always need to be physical distancing, but it's important right now. Think of this as a way you can do your part to help keep everyone around you safe and healthy.

### What else can I do to help conquer COVID-19?

Physical distancing should be practiced with other actions to help stop the spread of COVID-19, including wearing a mask, avoiding touching your face and washing your hands with soap and water for at least 20 seconds.