

CHILDREN'S COVID CONQUERORS

Do your part to stop the spread!

What are germs and how are they spread?

You have millions of germs on your hands. Most are safe, but some can cause sickness like colds, the flu and coronavirus. When you do not wash your hands, you can spread germs to other people. Or you can get germs by touching your eyes, mouth or nose. You also can get germs from touching things that many people touch like doorknobs. Think about all the things you touch each day. How many people touched them before you?

What does washing my hands do?

Washing your hands with soap and water gets rid of germs.

When should I wash my hands?

- Before you make or eat food
- After you use the bathroom
- After you blow or wipe your nose, cough or sneeze
- After you touch or pet an animal
- After you handle pet food or treats
- After touching trash
- When you come home after being outside your house. This could be places like the store or school.

How do I wash my hands?

Follow these five steps every time:

1. Wet your hands with warm, running water. Get soap.
2. Rub your hands together with the soap. Make sure to get the backs of your hands, between your fingers and under your nails.
3. Scrub your hands for at least 20 seconds.
Need a timer? Sing the ABC's!
4. Rinse your hands under water.
5. Dry your hands. Use a clean towel or dry them in the air.



Wonder
Washer

Wash your hands.

Hand sanitizer:

If soap and water are not available, use hand sanitizer.

- Apply the gel to the palm of one hand.
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry.

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

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

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



Kids deserve the best.