

COVID-19 UPDATE: STOP THE SPREAD OF GERMS



Use these healthy practices to help prevent the spread of COVID-19.

- 1 Wash your hands, especially before meals and snacks and after coughing or sneezing.
- 2 Teach kids to wash their hands for as long as it takes to sing the "Happy Birthday" song.
- 3 Cough like Dracula. Have your child cough or sneeze into their sleeves, not hands.
- 4 Help your child keep their hands away from "germy" areas like the eyes, nose, and mouth.
- 5 Make sure your child puts used tissues in the trash right away, and then washes their hands.
- 6 Model these healthy behaviors in front of your child, and they will follow suit.

Get Updates: [NAESP.org/COVID19](https://www.naesp.org/COVID19)



Source: Centers for Disease Control and Prevention, [CDC.gov/COVID19](https://www.cdc.gov/COVID19), March 2020