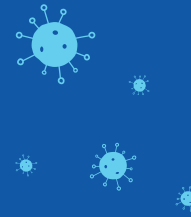


Goodbye, germs!

A coloring book about staying clean and safe from coronavirus germs

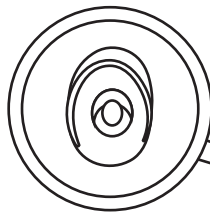
Keep fingers away from faces!



**Keep yucky germs out of
your eyes, nose and mouth.**

**But my
eye itches!**

Dab it with
a soft towel.



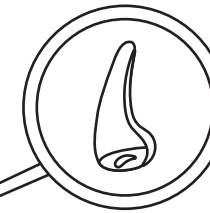
**But I want to eat
with my hands!**

Forks and spoons
are fun!



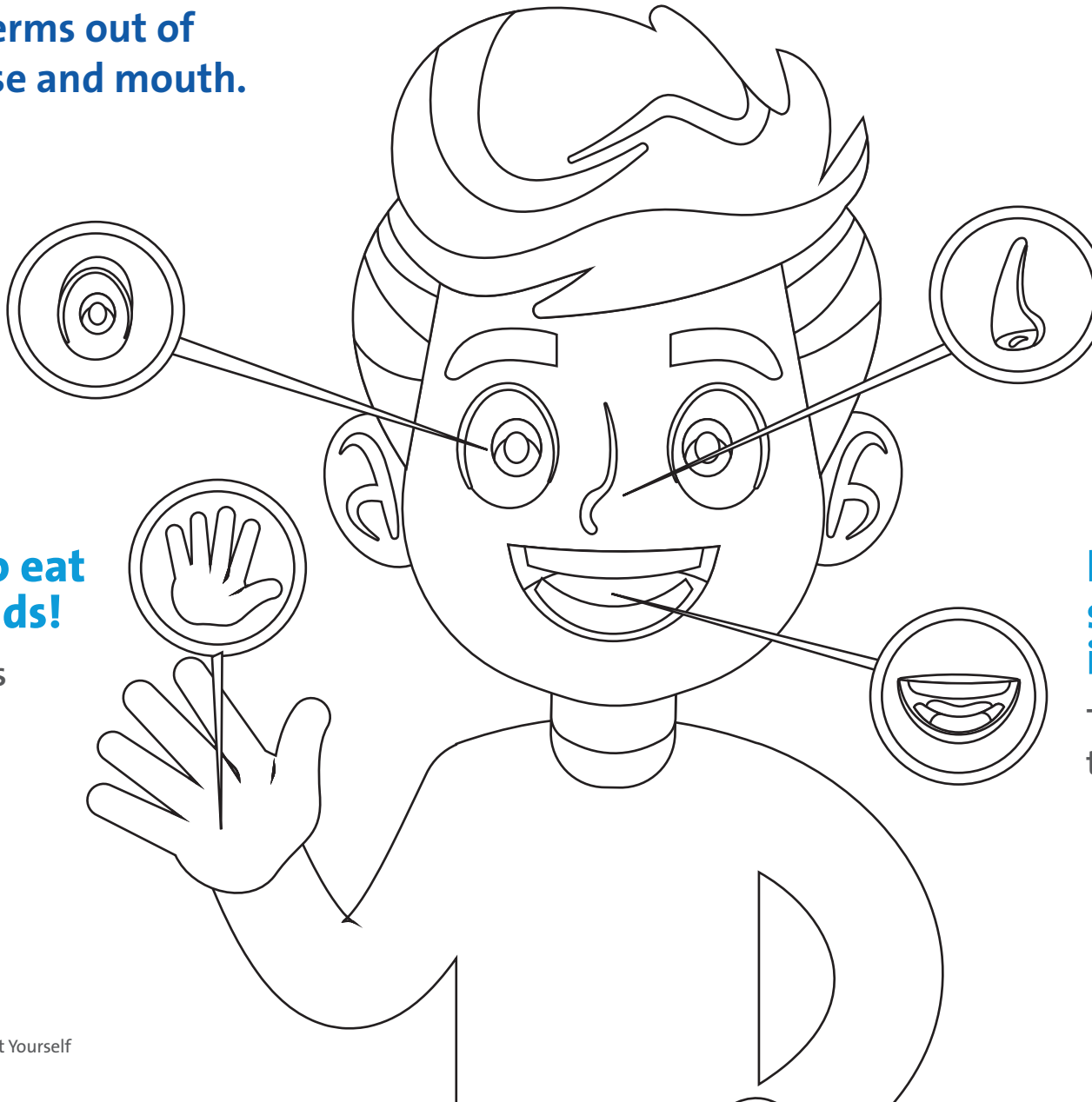
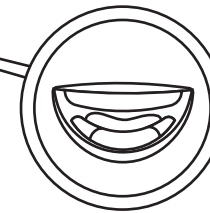
**But I need to
wipe my nose!**

Use a clean tissue,
then throw it away.

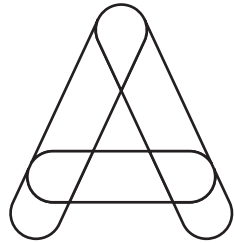


**But there's
something
in my teeth!**

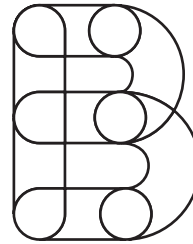
Take it out with a
toothbrush or floss.



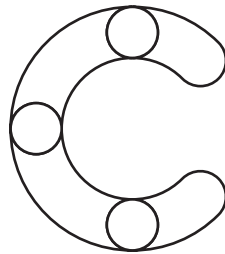
The ABCs of staying clean



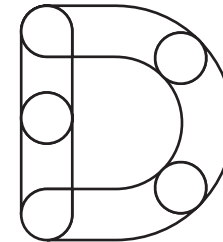
is for ALWAYS
cleaning your hands



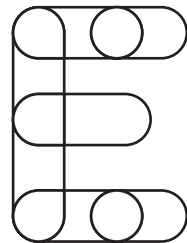
is for BATHS
and bubbles



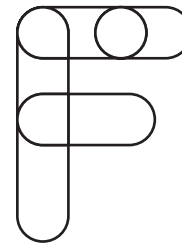
is for COVERING
sneezes and coughs



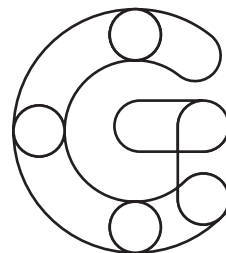
is for DOING
it on the double!



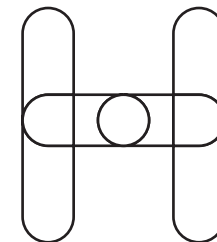
is for ELBOWS
(for you to sneeze into)



is for FINGERS
away from faces

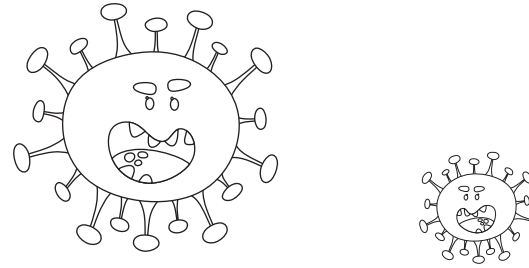


is for GERMS
going away



is for HEALTHY
families in all places!

The big, grumpy germ named coronavirus

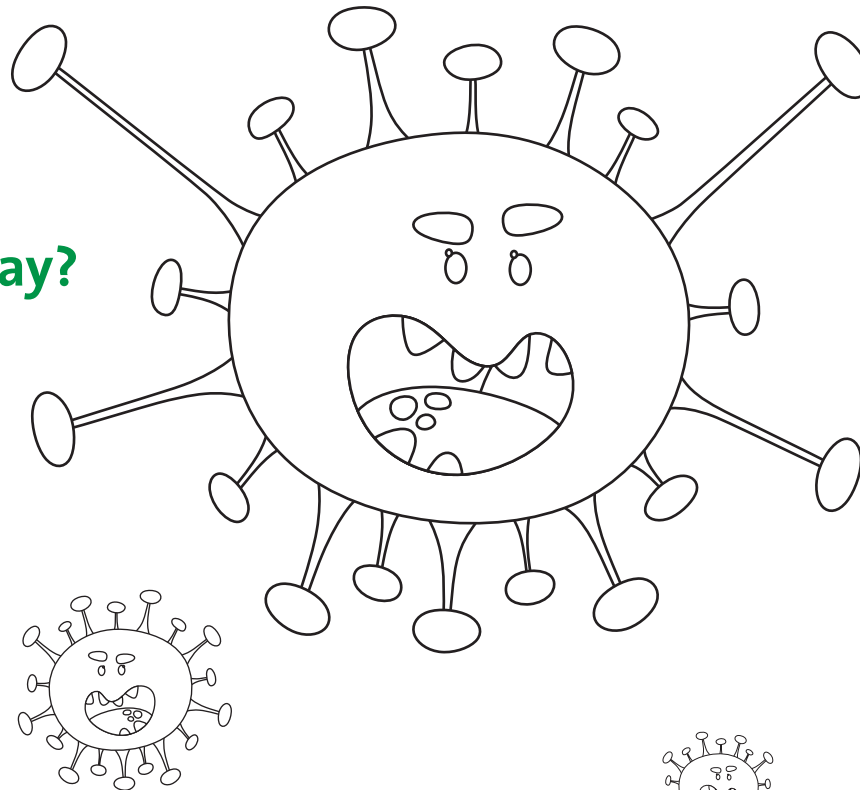


What is coronavirus?

It's a germ that can make you feel icky, like a bad cold.

When will coronavirus go away?

Hopefully very soon!
Scientists and doctors all over the world are fighting it.



What if I get sick?

If you don't feel well or your head feels hot, tell your parents.

How can my family stay safe?

Be a good hand-washer, cover coughs and sneezes and don't touch your face.

References:

CDC, Talking with children about Coronavirus Disease 2019
Northwell, How to talk to your kids about COVID-19

Super-duper healthy and strong

Fight back grouchy coronavirus germs like a superhero.



Wash up

with soap while singing “Happy Birthday” twice!



Dance

and exercise to get strong!



Eat veggies and fruits

to stay healthy as can be.



Sleep

so you're ready for the day.



Grow your brain

with reading, writing, math, music and science.



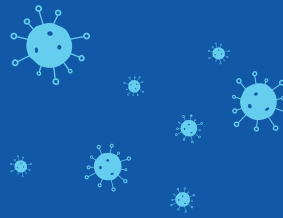
It's fun to learn from home!

School is closed so you and your friends don't get sick from coronavirus germs. But you can learn at home too!

- Do school lessons
- Read with your family
- Write or tell a new story
- Draw a picture of your favorite things

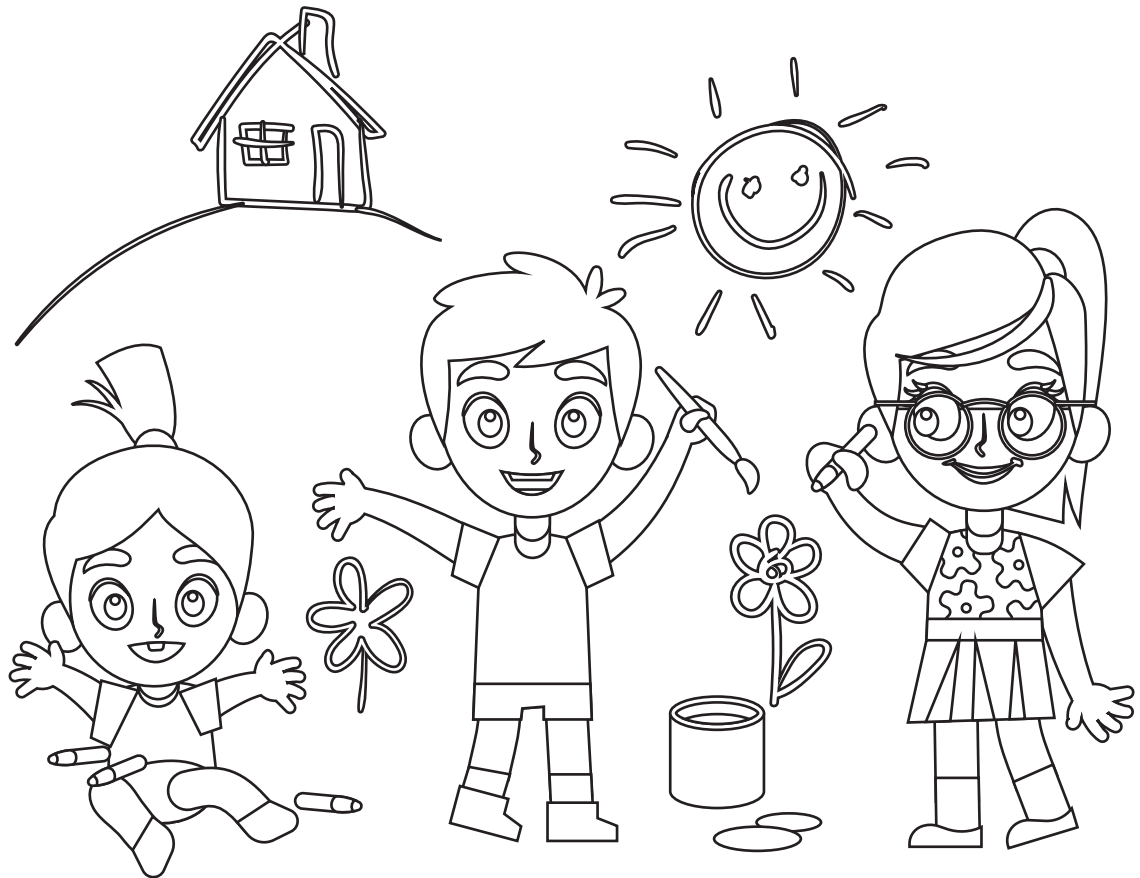


It's fun to play inside!

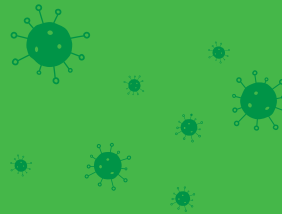


Everyone's staying in so they don't get sick with coronavirus germs. But you can still have fun!

- Make silly faces with your family
- Dance around your house
- Make arts and crafts
- Play pretend



It's fun to call and chat!



Your relatives are staying safe from coronavirus germs by staying inside. But you can keep in touch!

- Call family members who don't live with you
- Ask someone to help you video chat
- Ask for help sending a text or writing an email

