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 need to wipe my nose!
Use a clean tissue, then throw it away.

But I want to eat with my hands!
Forks and spoons are fun!

But there’s something in my teeth!
Take it out with a toothbrush or floss.

Reference: CDC, How to Protect Yourself
The ABCs of staying clean

A is for ALWAYS cleaning your hands

B is for BATHS and bubbles

C is for COVERING sneezes and coughs

D is for DOING it on the double!

E is for ELBOWS (for you to sneeze into)

F is for FINGERS away from faces

G is for GERMS going away

H is for HEALTHY families in all places!

Reference: CDC, How to Protect Yourself
The big, grumpy germ
named coronavirus

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

What if I get sick?
If you don't feel well or your head feels hot, tell your parents.

When will coronavirus go away?
Hopefully very soon! Scientists and doctors all over the world are fighting it.

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.

Reference: Northwell Health, How to talk to your kids about COVID-19
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

Reference:
CDC, Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission
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

Reference:
CDC, Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission
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

Reference:
CDC, Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission