

Slowing the Spread of This Virus is Up To Each Family Member: Learn What You Can to Prevent Illness!



COVID-19 Activity & Coloring Pages For Children

Germ Travel Through the Air!
 A cough can travel 1-5 feet in the air!
1-5 feet
 @ 60 mph (miles per hour)
 A sneeze can travel 8-15 feet in the air!
8-15 feet
 @ 100 mph (miles per hour)



That's why it's important to block a cough or sneeze with your elbow or snuppie.

Germs are so small we can't see them with our eyes.



Germs can only be seen by using a microscope.

CORONAVIRUS

Germs fall to the floor on a table or on a chair.

A microscope makes germs bigger.

Viruses and Bacteria (Germs) are Everywhere!

Did you know that 1,000 germs can live on the top of a pencil eraser?



Germs are everywhere:

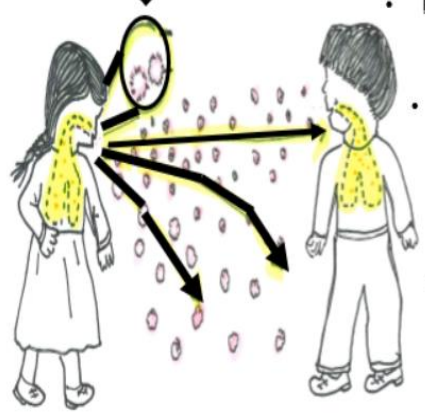
- In food, water, and soil
- In our mouth and in our body
- On our skin, face, hands and nose
 - On pets and animals
- On toys, floors, furniture and clothing



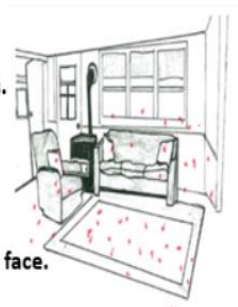
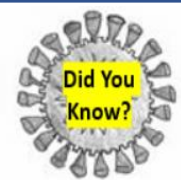
Just the Facts: CORONAVIRUS (COVID-19) a Respiratory Virus!

This Virus:

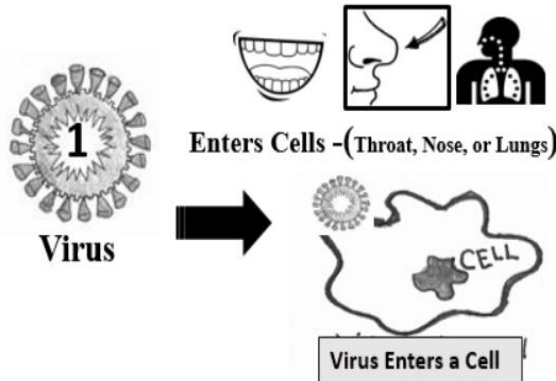
Droplets—tiny drops of liquid containing germs.



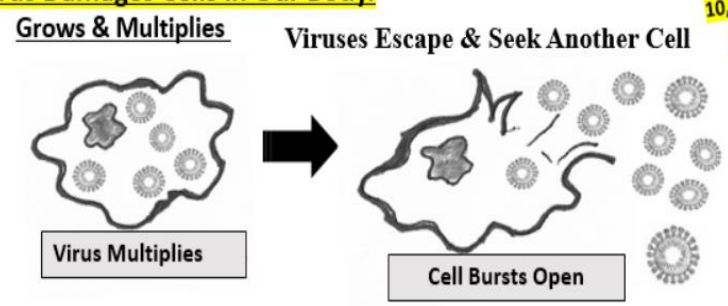
- Is spread by droplets.
 - Is more contagious than are colds or flu.
- An infected person may NOT show symptoms for days but can spread the virus to others.
 - Causes mild to very severe illness & many need medical care in the hospital.
 - Can stay on hard surfaces for **2 hours to 72 hours**: table, chair, floors or toys.
- Is spread by direct contact (touching a contaminated object or surface) & then touching your face.
 - Can be shared by shaking hands.



Don't touch your eyes, nose or mouth!



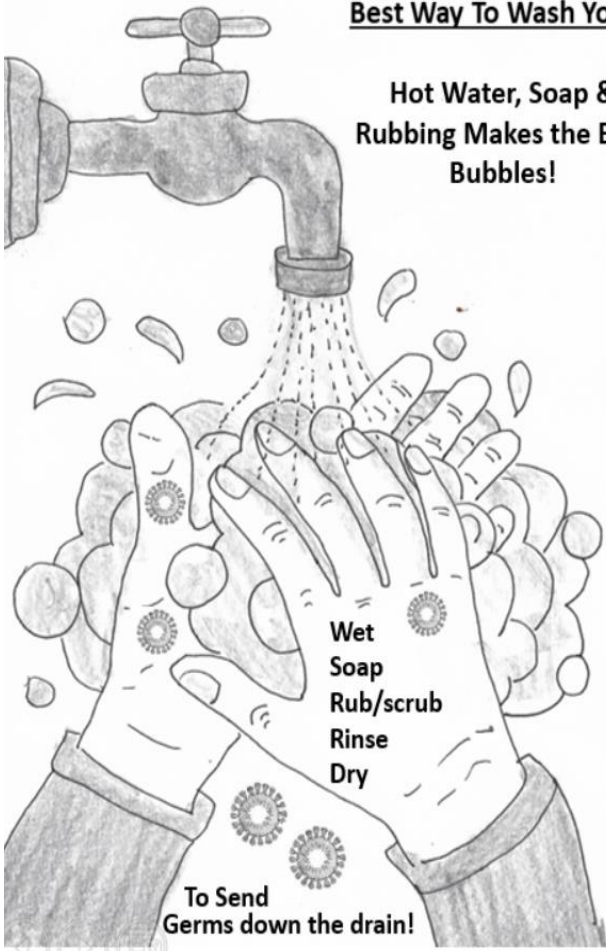
How The Virus Damages Cells in Our Body.



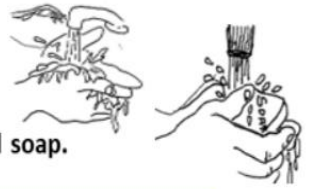
Did You Know? 1 virus multiplies to 10,000 copies in hours.

Best Way To Wash Your Hands.

Hot Water, Soap & Rubbing Makes the Best Bubbles!



A. Wet your hands under water.



B. Now use bar soap or liquid soap.

C. Scrub for 20 seconds. Sing "Happy Birthday" 2 times.



D. Rinse well and dry your hands with a paper towel.

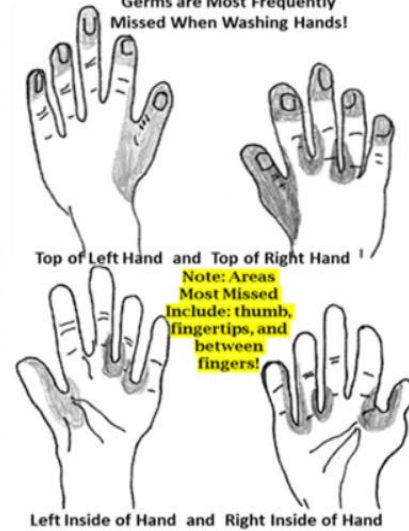


Scrub under nails where germs love to hide!

If you cannot wash with soap and water, use a hand sanitizer containing 60% alcohol.



Shaded Areas Indicate Where Germs are Most Frequently Missed When Washing Hands!



Top of Left Hand and Top of Right Hand

Left Inside of Hand and Right Inside of Hand



Did You Know?

- The COVID-19 virus is fragile.
- The virus is only protected by a covering of fat.
- Using soap is one of the best ways to dissolve the fat layer.



- Scrubbing and rubbing with soap for 20 seconds helps dissolve the fat layer protecting this virus.



- Hand sanitizer containing 60% alcohol will also dissolve the fat layer.

- When the fat layer is dissolved the virus breaks down.



"My mask protects you!"

AND

"My mask protects you!"



A person can be infected with COVID-19 virus but not look or feel sick. Wearing a mask protects others from exposure to droplets (liquid containing germs), released when talking, coughing, or sneezing.

Do All You Can to Prevent the Spread of Germs and Illness:

- a. Stay home if you are sick!
- b. Stay in another room, away from others.
- c. Cover a cough or sneeze with your elbow or snuppie/tissue.
- f. Throw a used snuppie into a trash basket.
- g. Wash hands with soap & water for 20 seconds (Sing "Happy Birthday" 2 times).
- h. If you are not able to wash with soap & water, use a hand sanitizer.
- i. Stay home & send one person to do the shopping.



It's estimated that a person touches their face 16 times in one hour.

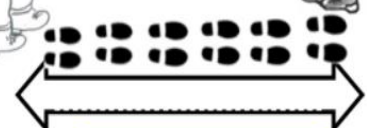
Washing your hands often, is a good idea & can prevent the spread of this virus.



It's not easy to cover or block a sneeze or cough.



A mask prevents droplets that may contain virus from reaching others.



Stay 6 feet away: stow the spread!