

HOW TO PROTECT YOURSELF AND YOUR FAMILY



STOP THE SPREAD OF GERMS AND PREVENT **CORONAVIRUS**

Teach children to wash their hands with soap and water for at least 20 seconds.



Remind children to stay away from people who are coughing or sneezing or sick.

If your child is sick remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.



Children should practice keeping a safe social distance from their friends. Limiting your child's exposure to the virus means making tough parental decisions, including no playdates.



If your child gets sick, it doesn't mean they have Coronavirus. Call their pediatrician to let them know before you bring your child in to see them.



Following these simple steps with your child can help prevent the spread of COVID-19 Coronavirus.

www.nj.gov/dcf/coronavirus.html

BE SAFE!