Stay healthy so you can help keep the kids healthy

- Wear a cloth face covering over your nose and mouth
- Clean and disinfect frequently touched objects and surfaces
- Stay home when you are sick, except to get medical care
- Cough or sneeze into your elbow
- Stay at least 6 feet from others (about 2 arms’ length)
- Avoid touching your eyes, nose and mouth
- Wash your hands often with soap and water

Stay safe in school and at home

www.tchd.org