

Keeping Yourself and Your Family Safe and Healthy During COVID-19

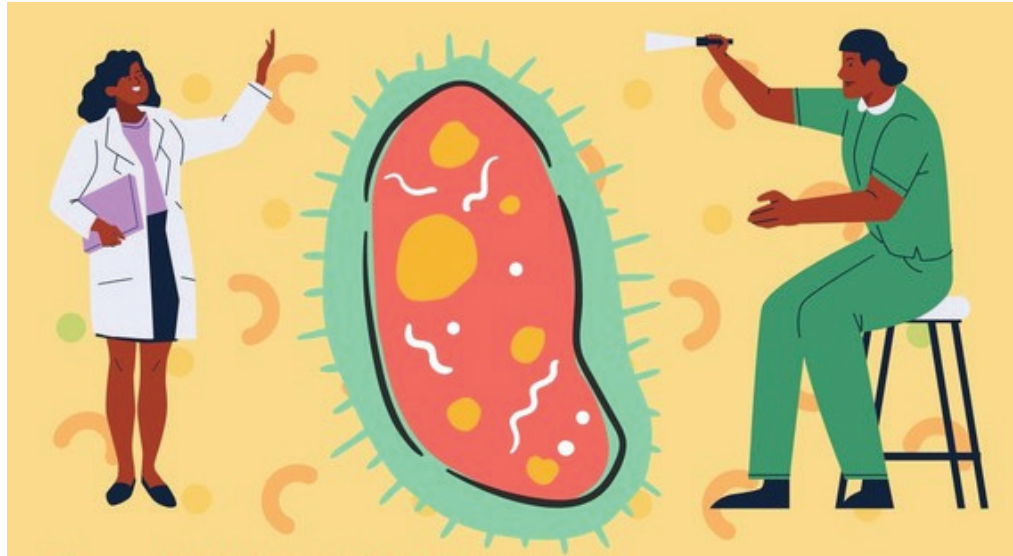
By Long Island Children's Museum



Long Island Children's Museum



When I go to a public place I will see people wearing masks to keep each other safe.



People are wearing masks to protect their friends and family from a virus called COVID-19. The virus can spread to other people when you cough or sneeze and it might make them sick.



When I am ready to leave my home, my adult will help me put a mask on my face. My mask will help me protect my friends and my family.



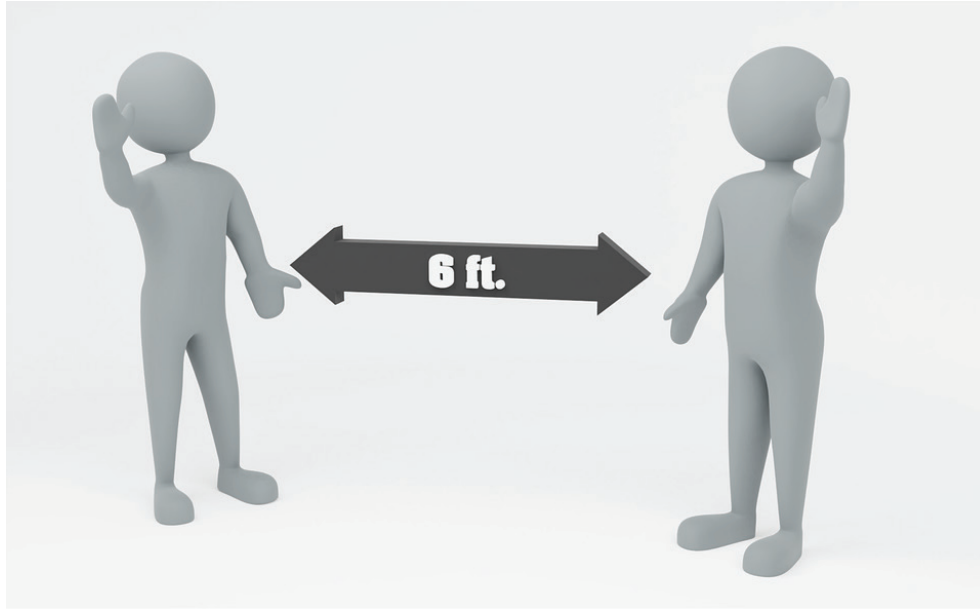
Sometimes the mask might feel a little uncomfortable, but it is important for me to keep the mask on and keep my hands off of my face.



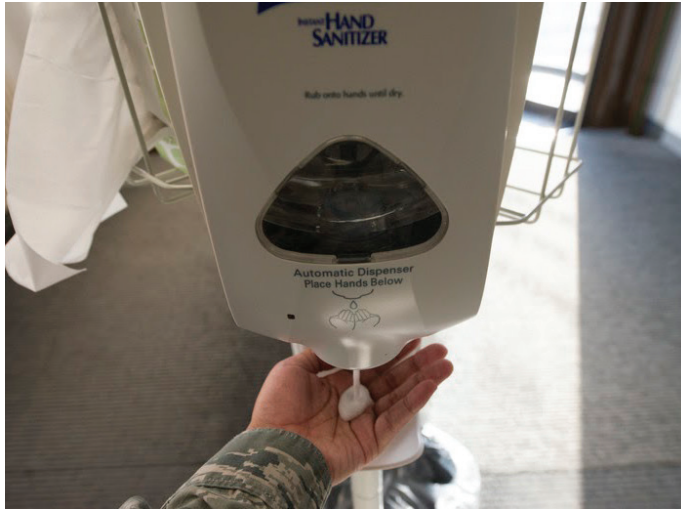
Practicing to wear my mask will make wearing my mask easier every time. Soon I might not even notice the mask because I will be having fun!



Sometimes when I go to a public place a person at the front door might take my temperature. They will use a thermometer with a tiny red light on my forehead. It will not hurt and it will help to stay still.



When I go to a public place I have to stay 6 feet from people I don't know. I will stay with my adult. This is called safe physical distancing.



When I got to a public place I might see hand sanitizer dispensers. I will use them to make sure my hands are clean. I will rub the hand sanitizer all over my hands.



When I have to cough or sneeze I will cover my mouth and nose with my elbow.



It is important to wash my hands for 20 seconds.
I can sing the Happy Birthday song two times or count
to 20 out loud. Hand washing can help to keep me safe.



When I get home I can take my mask off!



The next time I want to go to a public place, I will wear my mask again. But it will be easier every time!