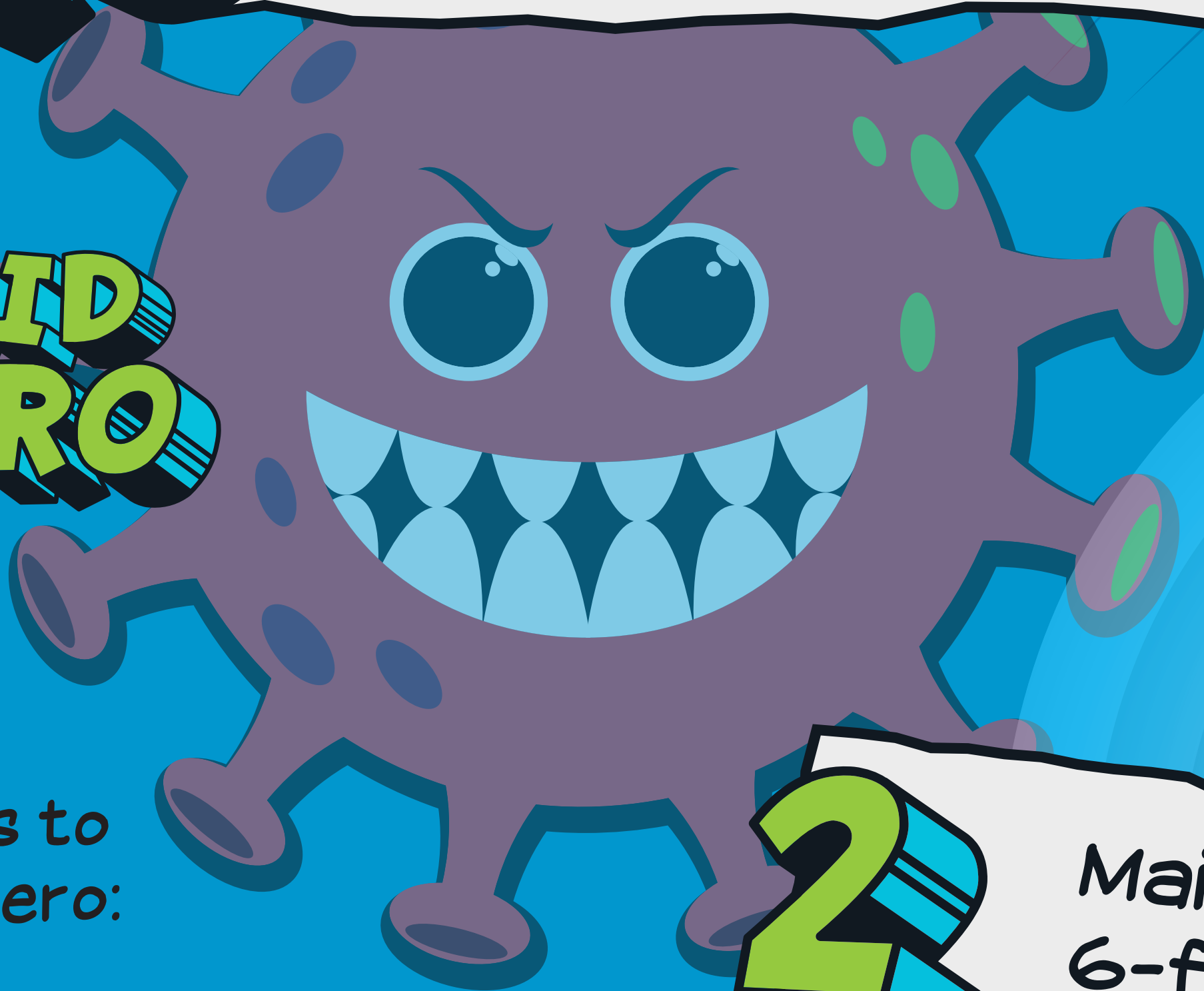


Why Be a COVID HEALTH HERO

Heroes look out for the people around them and do whatever they can to protect them. Maybe you're not afraid of getting sick yourself, but you sure don't want to make someone else sick. The person next to you might have a health problem that makes them more likely to get sick if they get too close to COVID germs. Or they may live with a grandma who's at special risk. Be a hero by using your superpowers to help keep you and others safe.

How to Be a COVID HEALTH HERO

Everyone has the power to protect others from getting sick. Here are 6 ways to be a COVID Health Hero:



1 Feeling sick? Been around someone sick? Stay home.

Heroes don't expose others to illness. And they know when they need to lay low and regain their strength.

2 Maintain a 6-foot force field.

COVID jumps from person to person when we breathe or cough. Stop it from spreading by staying at least six feet away from people - and when you can't, wear a mask.



3 Wear - and clean - your hero gear.

The most important gear to combat COVID is a mask that covers your mouth and nose. Wear it anytime you're going to be closer than six feet from someone, like on the bus and in the hallways. And wash your mask every night.

4 Wash your hands - well and often!

COVID is powerful, but simple soap and water can fight it. Wash your hands under warm water with soap - really rubbing your hands together - for at least 20 seconds, about the time it takes to sing your favorite song twice.



5 Don't touch your face.

COVID spreads when we touch our nose, mouth or eyes and then touch another surface that other people will touch, like a doorknob. If you have to touch your face, use a tissue and then wash your hands.



6 Sneeze or cough into your elbow.

If you have to sneeze or cough, tuck your face into your elbow. It's the best way to keep germs away from everyone else.