## **COVID 19 PRECAUTIONS**

## **CHECKLIST FOR STUDENTS AND CHILDREN**

* ☐ Ask questions, educate yourself and get information from reliable sources
* ☐ Wash your hands frequently, always with soap and water for at least 20 seconds
* ☐ Practice social distancing while away from home
* ☐ Always have a supply of mask, tissue, hand soap and sanitizer when leaving home
* ☐ Remember to not touch your face
* ☐ Do not share books, stationery, cups, eating utensils, food or drinks with others
* ☐ Be a leader in keeping yourself, your school, family and community healthy
* ☐ Model good practices such as sneezing or coughing into your elbow and washing your hands, especially for younger family members
* ☐ Do not stigmatize your peers or tease anyone about being sick
* ☐ Tell your parents, another family member, or a caregiver if you feel sick.