

How to Stay Safe and Not Share Our Germs

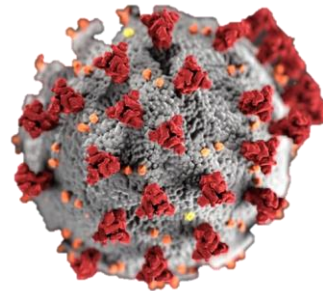


Resources for Exceptional Children and Youth - Durham Region

How does coronavirus (COVID-19) spread?

People can catch coronavirus from others who have or carry the virus. This happens when an infected person sneezes or coughs, which then sends tiny droplets into the air. These droplets can land in the nose, mouth, or eyes of someone nearby, and can also be breathed in.

People can also get infected if they touch an infected droplet on a surface such as tabletops, doorknobs, handles etc., and then touch their own nose, mouth, or eyes.



**Here are some ways how you can be safe
and not spread germs:**



Wear a face covering

Adults and children over the age of two can wear a cloth face covering (or a face mask) to help protect themselves.

It is important to remember, even when you are wearing a cloth face covering (or a face mask), to keep at least six feet between you and other people.

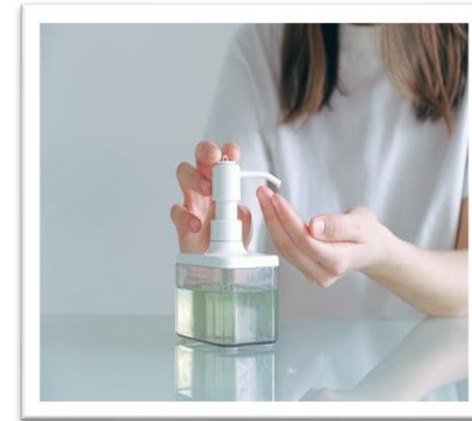


Wash your hands

It is important to wash you hands well and to wash them often. Be sure to wash your hands for at least twenty seconds with soap and water or use hand sanitizer that has at least 60% alcohol.

Remember to Wash Your Hands:

- Before and after you eat or drink
- Before and after using the washroom
- Before and after you play (and between each activity or game)
- Before entering a new environment
- After leaving a new environment
- When you cough, sneeze, or blow your nose
- When you come in from outside
- If you touch any part of your face



Keep your hands away from your face

Try not to touch your eyes, nose, and mouth.

Remember, when coughing or sneezing to do so in your elbow or in a tissue and wash your hands immediately after (including after you blow your nose).

If you need to touch your face, wash your hands before and directly after.



Keep your distance

Try to stay at least six feet (two meters) away from other people.

Avoid activities or games that require you to be in close proximity (tag, clapping games etc.)



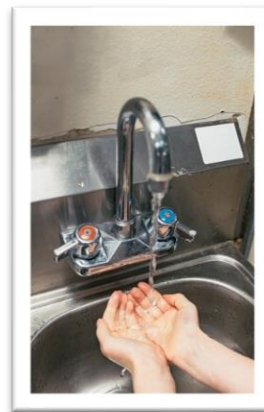
← Six feet (two meters) apart →



Avoid using the same items as your peers directly after they have been used

Find alternative toys or objects that are available to use until the item you want has been cleaned.

If a toy or item does not need to be cleaned first, be sure to wash your hands or sanitize before and after using the toy/item.



Be a leader and a helper

You can help and be a leader by giving friendly reminders to your friends if they forget to keep their space or wash their hands.

We are all in this together!



And remember, your teachers are always there if you need help or have a question!



References

All photos found at:

1. www.pexels.com:

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This information was researched by staff of RFEYC and is adapted from: <https://kidshealth.org/en/parents/coronavirus-questions-answers.html>

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