



## CONGRATULATIONS TO OUR EASTER COLORING CONTEST WINNERS!



Tarynne



Lily



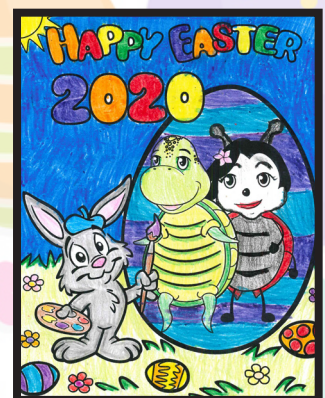
Hali'a



Carolina



Titus



Kraezlyn



Kendall



Brynn



Valentina





## BE A HEALTH SUPERHERO!

Practicing healthy habits is one of the main ways to prevent the spread of COVID-19. Here are some ways to protect yourself, family & friends from getting sick!



- Wash your hands for at least 20 seconds after coughing or sneezing, before eating and after you use the bathroom.
- You should also wash them after you have been outside or if you frequently touched places or surfaces such as doorknobs & kitchen tables.
- To make sure you wash your hands for 20 seconds, you can sing "Happy Birthday" twice!

- Use a regular household cleaning spray or wipe.
- iPads, tables and handles are some of the many frequently touched objects/surfaces that should be cleaned multiple times throughout the day.
- Be sure to wash your hands after you clean!

Clean & Disinfect  
Frequently Touched  
Objects/Surfaces



Cover your  
Mouth and Nose  
when  
Sneezing or  
Coughing



- Use a tissue to cover your mouth and nose when you sneeze or cough. Be sure to throw away the tissue in the trash, right after you use it.
- If you don't have a tissue, cough or sneeze into the inside part of your elbow or your upper sleeve of your shirt.
- Make sure to wash your hands after!



- Frequently touched surfaces/objects are filled with germs, so when you touch them it is transferred to you.
- Germs enter our body through our eyes, noses & mouths so avoid touching those areas especially with un-washed hands.

## YOKO & KALEA

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