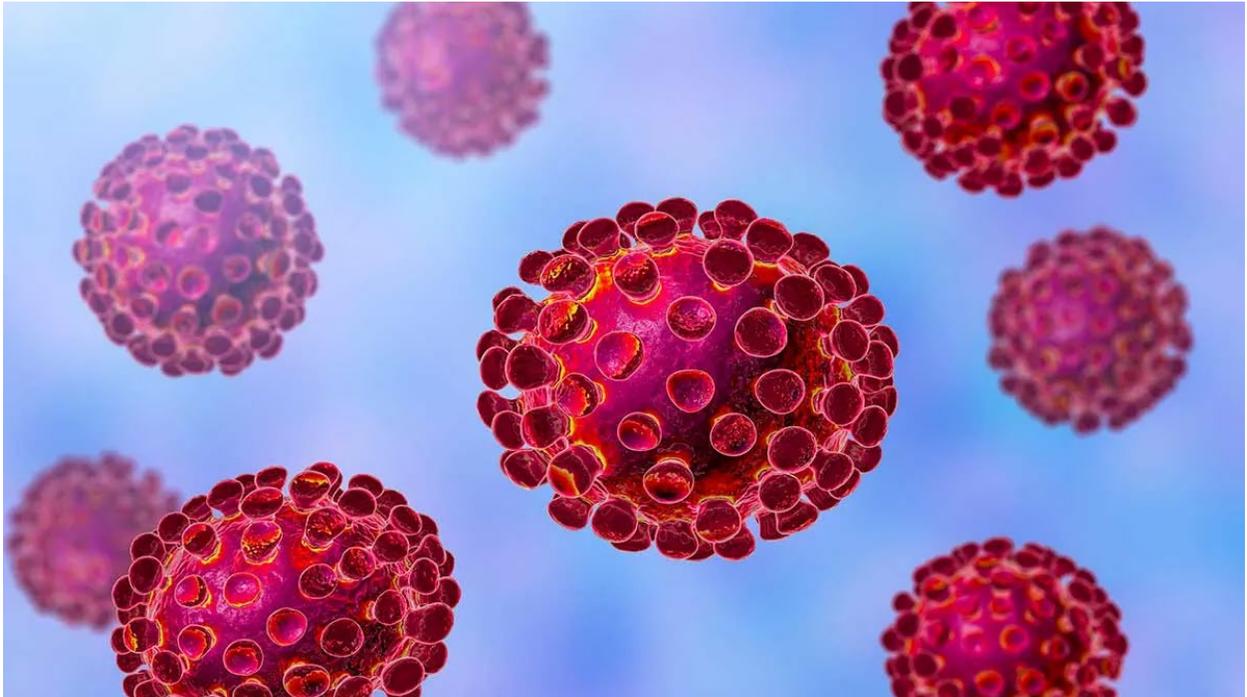


# Learning about COVID-19





Germs are something that can make somebody sick. They are very small and all around us. Right now, there is a new germ called COVID-19.

# WASH YOUR HANDS



1 WET HANDS



2 SOAP



3 WASH FOR 20 SECONDS



4 RINSE



5 DRY



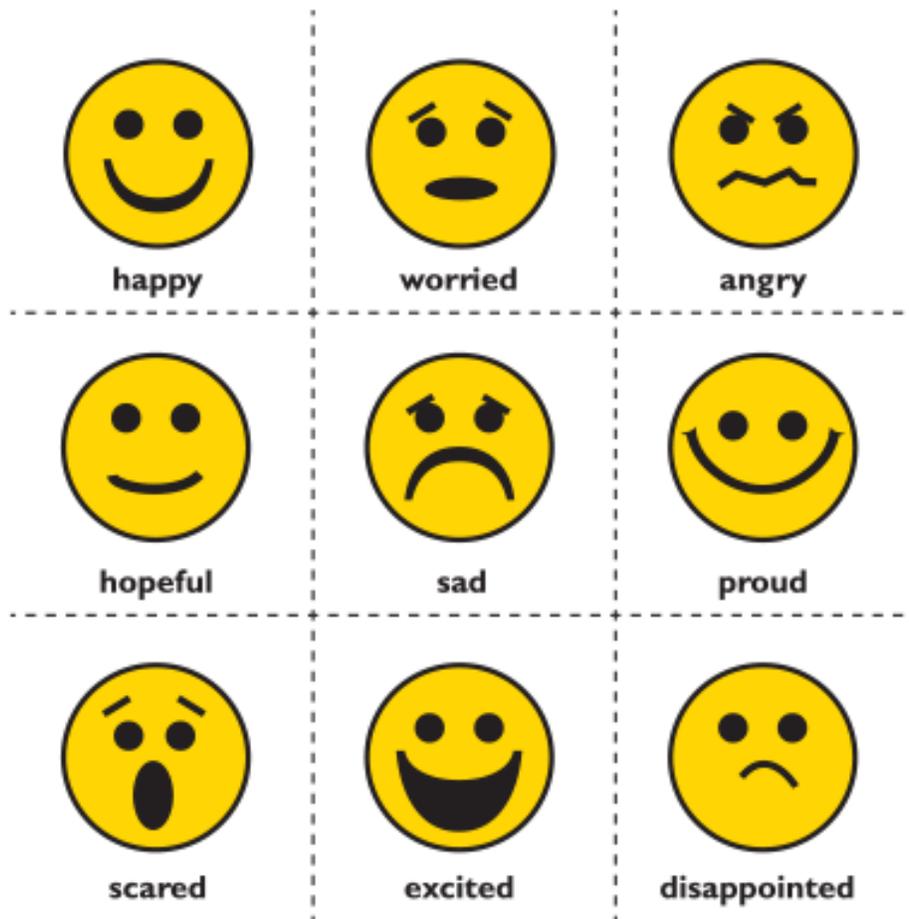
6 TURN OFF WATER  
WITH PAPER TOWEL

The best way to avoid germs is to wash my hands using soap and water. When I wash my hands, I can count to 20 or sing a song like Happy Birthday! This helps my hands stay clean so I can stay healthy.



There might be a lot of places closed right now, like my school. This is to keep everyone safe and healthy. I can stay at home with my family.





It is okay to have different feelings about COVID-19. I can talk to my parents and they will help me feel better.



Washing my hands is the best way to stay healthy!

# The End

*Although face to face services at Bethesda have been suspended, clinicians are still working remotely and are available to offer support where needed. If you require support, please leave a message at 905.684.6918 ext. 170, and one of our Service Coordinators will call you back within 2 business days.*