

Day Prep Preventative Care for Kids!



I can keep myself healthy!

Sleep

Healthy cell repair



Nutrition

Builds cells and immune

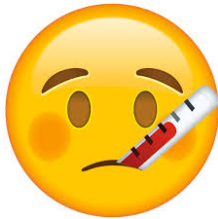


Exercise

Builds immune system



***I tell someone if
I don't feel well!***



***I sneeze or cough into
a tissue or my elbow!***



I wash my hands—a lot!



***I don't touch my face! Or,
I use a tissue if I have to
touch my face.***



I give "Corona Hugs" with no touching!

