

HEALTHY SCHOOLS

5 THINGS YOU NEED TO KNOW



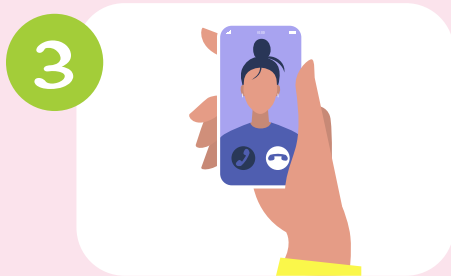
1 Check your symptoms

If you feel sick, stay home.



2 Check your hands

Wash or sanitize often & avoid touching your face.



3 Check in on your friends

Find ways to connect & support each other.



5 Check yourself

It's ok not to be ok. Reach out for help if you need it.



4 Check the weather

Heading outside offers health benefits.