








The children of Opportunity Early Childhood Education & Family Center wish you well!

START



01

Self-care

 Breathe	 Eat and Drink Well	 Exercise	 Laugh and Play	 Prepare	 Say No	 Sleep
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02

Prevention

- Practice Social Distance 
- Avoid close contact with people who are sick 
- Avoid touching your eyes, nose & mouth 
- Wash hands often with soap & water for 20 seconds 

Stop Spread

- Clean and disinfect frequently touched objects and surfaces 
- Cover cough or sneeze with a tissue, then put in the trash 
- Stay home when you're sick except to get medical care 

03



04

Not Exposed?
Fast forward to #8





Exposed?
Proceed to #5



Check for symptoms

05

Sick/ill?

-  Trouble breathing
-  Persistent pain or pressure
-  New confusion or inability to arouse
-  Bluish lips or face



Back to wellness

06

07

08



Healthy Again!

End of game

We're all well and back together again at the school with our children, teachers, and friends!

