

**“ I CAN  
take care of  
myself and others by... ”**

- ▶ Wearing a mask
- ▶ Using my own water bottle
- ▶ Eating my own food
- ▶ Washing my hands for at least 20 seconds
- ▶ Using hand sanitizer
- ▶ Understanding it is normal if I, or those around me, have mild side effects from a COVID-19 vaccine such as a headache, fever, chills, sore arm, and/or tiredness
- ▶ Staying home to rest if I don't feel well

**“ I CAN  
communicate  
my feelings by... ”**

- ▶ Sharing what I know about germs and viruses
- ▶ Having a conversation about how best to fight COVID-19 and its variants
- ▶ Asking questions if I am unsure, or want to learn more about viruses, germs, vaccines and my health and well-being
- ▶ Sharing when I feel anxious about what's happening around me
- ▶ Talking to a trusted adult about my concerns and worries surrounding COVID-19, vaccines, and/or missing school

**“ I CAN  
connect  
with my friends by... ”**

- ▶ Choosing to play and be active outdoors, more often
- ▶ Respecting my friends' space when playing indoors
- ▶ Creating a new game that uses lots of space
- ▶ Choosing to involve my friends in my play when I feel well
- ▶ Connecting virtually if unable to connect in person

**“ I CAN  
cheer  
for myself and others by  
celebrating when... ”**

- ▶ I have done something good for my health
- ▶ I, or a classmate, contributes to a healthy classroom

**Elmer's Advice for fighting  
Germs and Viruses Like COVID-19**

