Spread kindness during the COVID-19 pandemic

- Do not tease a classmate who has had COVID-19. Anyone can get it.

- If you know someone who has COVID-19, show your support. Send a get-well card or text to say you hope they feel better.

- From your parents and teachers to health care workers, many people are working hard to keep you safe. Say thank you when someone reminds you to wear your mask or wash your hands. If you see employees cleaning at the store, thank them.

- Protect yourself and others by washing or sanitizing your hands often, wearing face masks and social distancing.