



TOP TIPS FOR KIDS DURING COVID-19

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As a medical provider, I have promised to keep my community healthy and thriving. Here are a few tips I tell my patients

- 1. Wash your hands for 20-30 seconds**
- 2. Try not to touch your face**
- 3. Practice social distancing**
- 4. Use face covering in public places**

In these uncertain times, it is the responsibility of everyone, to help decrease the spread of COVID-19 virus. Being considerate of others and doing our part will not only affect those around us, but it will strengthen the livelihood of our community.

