Board Game: Protect Others & Protect Yourself from COVID-19
Suggested for Ages 6-12 years

DIRECTIONS

1. Cut out game pieces.
2. Follow the path one space at a time and scan the QR codes to learn tips to protect others and yourself.
3. Use CDC’s COVID-19 Parental Resources Kit to learn more about ways to prevent and cope with COVID-19.

TIPS

- **TIP #1**: Keep a distance of at least 6 feet (about 2 arms length) – between yourself and people who do not live with you, indoors and outdoors.
- **TIP #2**: Masks can help prevent people who have COVID-19 from spreading it to others. You can protect people around you by wearing your mask correctly.
- **TIP #3**: Wash your hands with soap and water, for at least 20 seconds. Handwashing is one of the best ways to prevent getting sick and avoid spreading germs.
  - [https://bit.ly/32n1sS5](https://bit.ly/32n1sS5)
- **TIP #4**: At home, it is important to keep frequently touched surfaces clean. Make it a team effort – ask your parents if you can safely help.
  - [https://bit.ly/3hq0cFt](https://bit.ly/3hq0cFt)