



Sam the Safety Dog says...

The NSC Safety Dog, Sam, is here to talk about safety with kids like you! This time, Sam has a special message about washing your hands:

“Remember to scrub your hands with soap and water for at least 20 seconds!”



Stay active

It's good for us to get fresh air every day! A walk with your family is a great way to exercise while keeping a distance from other people.



Design a facemask!

People may look scary when they're wearing a facemask, but really they're just making sure they don't spread germs! If you could make your own facemask, how would you decorate it?
Color this pretend mask.

