



**THIS IS owen.  
owen IS A  
SLOTH.**

.....  
**YOU MAY HAVE ALREADY  
FIGURED THAT OUT.  
YOU SEEM VERY CLEVER.**  
.....

.....  
Some animals like to be fast. Cheetahs can run fast. Hummingbirds' wings are so fast they look like a blur.

Sloths are not fast. At all. In fact, they're the slowest mammal on Earth. For Owen and the rest of us, slowing down can be a really good thing to learn.

You may have heard your friends, parents, or teachers talk about COVID (also known as Coronavirus or COVID-19). It's a virus that can jump from person to person very easily and make some people very, very sick. That's why Owen is focused on slowin' down the spread of COVID. But he can't do it alone. Owen needs your help!



**SLOW  
THE SPREAD**

SLOWLY TURN THE PAGE TO SEE HOW YOU CAN HELP (SO YOU DON'T GET A PAPER CUT)

**HELPSLOWTHESPREAD.COM**

# THREE WAYS YOU CAN HELP SLOW THE SPREAD OF COVID

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**WEAR A MASK**  
OVER OUR NOSES  
AND MOUTHS.



**WASH OUR HANDS**  
WITH SOAP AND  
WATER AFTER  
TOUCHING  
THINGS THAT  
DON'T BELONG  
TO US.



**PLAY SIX FEET AWAY**  
(THE LENGTH OF YOUR BED) FROM OTHERS.

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**WE ALL HAVE TO WORK TOGETHER** to slow the spread of COVID. If we all do our part, we can stay healthy and keep our community safe!

**WILL YOU JOIN OWEN?** There are plenty of fun activities for you (and information for your parents) that will help you learn more about COVID and practicing healthy habits.

FIND MORE WAYS YOU CAN HELP SLOW THE SPREAD OF COVID-19 AT  
**HELPSLOWTHESPREAD.COM**