




Going to the doctor

- ☐  Put on a mask
- ☐  Try not to touch any door handles - use your elbow if you can
- ☐  Press buttons with your knuckle
- ☐  Use hand sanitizer when you get to the doctor's office
- ☐  Wash your hands for 20 seconds when you get home

Want to make some changes?

It's easy to edit this at
[TheTripClip.com](https://www.thetripclip.com)

This list is designed to fit perfectly on a kid-sized clipboard:



Or try it on any mobile device!

