

WAYS TO TAKE CARE OF YOU AND YOUR FAMILY RIGHT NOW

People catch the coronavirus from other people who are sick. They may not even know they are sick so it is a good idea to limit your contact with others.

Here are ways to take care of you and your family:

STAY HOME

Stay home whenever you can, and have your family stay home. You should also limit who comes in to your home: this is not the time to hang out with friends at your home or theirs, even if they say they are not sick!



WASH HANDS

Practice safety in your home like washing your hands with soap and water. If you or someone in your home has to go to work or go out, wash hands and change clothes as soon as you get home.

NO PLAY DATES

Don't have play dates with other children in your home, and don't let your children play with other children outside.

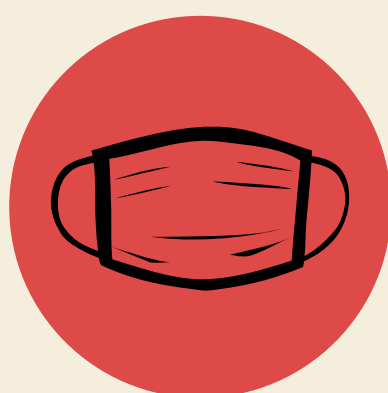
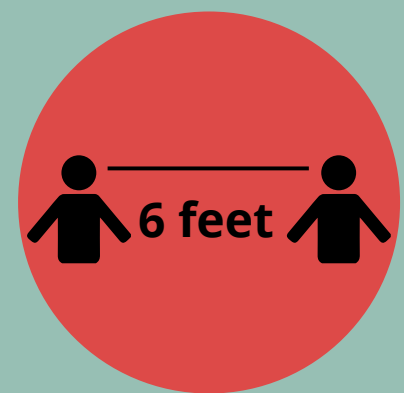


PLAN AHEAD

When you do need to go out (for groceries or other needed things), make a list and think about what you will need for two weeks.

KEEP 6 FEET APART

If you have to go out for something really important like getting groceries, stay six feet away from people while shopping and waiting in line.



WEAR A CLOTH FACE COVERING

Wear a cloth face covering in public settings where it's hard to stay 6 feet apart (like grocery stores). This could be a bandanna or cloth mask.

REMEMBER!

This won't last forever but these are the best ways to stay safe right now. If you have questions, reach out, by phone, to someone you trust.