

COVID-19 Reminders

Stay at home — if you can. The sooner we all follow the rules to stay inside, the sooner we can slow the spread of COVID-19 and we can all get back to normal.

- Staying at home helps to protect your family from catching the virus. Instead of meeting up with friends or other family members in person, give them a call to check in and see how they are doing. Do not meet with others in person.
- Coronavirus is especially harmful if you have asthma or other lung issues.

Buy the supplies you need, but don't hoard:

- Pick up any prescription medications you need, and any over-the-counter medications you might need.
- Supermarkets will not close. It makes more sense to keep cash for other things you need like rent or babysitting than to buy more groceries than you need.

If you have to go to work, that's ok, but protect yourself

- Keep as much distance as you can from others.
- Do not touch your face until you have had the chance to wash your hands for at least 20 seconds.
- Do not wear a mask if you are not sick. Masks trap more germs around your mouth and nose.

Limit the news to an hour — watching too much can make you feel panic, and your kids too. Your mental health is important too.



And remember:

wash your hands, wash your hands, wash your hands!

For at least 20 seconds with soap and warm water