

# COVID-19 STEPS TO TAKE AT HOME



- **STAY HOME:** Most people with COVID-19 have mild illness and are able to recover at home.
- Do **NOT** leave unless to get medical care. Stay in contact with your doctor.

**Call BEFORE** you get medical care.

**Stay away** from others as much as possible. Have a "Sick room & Bathroom if possible.

- If you are sick wear a cloth covering your mouth & nose

**Cover:** Your nose & mouth when sneezing / coughing. Place soiled tissue in a lined trash can.

**Wash Hands:** Use soap & water for at least 20 seconds. If water & soap are unavailable use at least 60% alcohol based hand sanitizer. Soap & water is the best option.

**Avoid: Touching** eyes, mouth, nose and face

**Avoid Sharing:** towels, bedding,, cups and utensils with others.

**Clean and Disinfect** commonly touched areas.

# Monitor Your Symptoms



## COVID-19 Common Symptoms

- *Coughing*
  - *Fever*
  - *Fatigue*
  - *Shortness of breath (In Severe cases)*
- Call your doctor or emergency room before going in and tell them your symptoms. They will give you further instructions.
  - Follow care instructions from your healthcare provider & local health department.

**Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a cloth face covering that covers your nose and mouth to protect other people**

# STAY HOME.

# SAVE LIVES.



## Help stop the Coronavirus!

- **Stay** Home
- **Keep** a safe distance (6 feet)
- **Wash** hands often
- **Cover** your cough
- **Sick?** Call Ahead

# TIPS for keeping children healthy while schools out.

- Children may have milder symptoms than adults
- **Children's symptoms:** cold-like, fever, cough, runny nose, vomiting & diarrhea

## Teach your children to:

- Clean hands often
- Avoid sick people
- Clean & disinfect surfaces daily
- Launder items
- Practice social distancing



## **Keeping Children Healthy**

- Watch your children for symptoms
- Watch for signs of stress in your child such as: sadness, worrying, sleeping and eating habits.
- Take time to talk to your children about the COVID-19 outbreak.
- Teach preventive actions such as good hand hygiene
- Help your children stay active & socially connected.