

Prevent the spread

We are in this together



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Wash hands with soap for 20 seconds

- ▶ *If soap and water are not available use hand sanitizer with at least 60% alcohol*

Avoid touching face, mouth, eyes

Cover your cough

- ▶ *If you do have to go out use a handkerchief or a cloth face mask to cover your nose and mouth*



Clean and disinfect high-touch surfaces

Practice physical distancing

- ▶ *Stay at least 6 ft away from others*
- ▶ *Limit interaction to groups of five people or fewer*
- ▶ *Replace handshake and hugging with wave and smile*

If you have a dry cough and/or fever

- ▶ *Stay home and rest, wear a mask, avoid exposing others*
- ▶ *If you're experiencing problems breathing, chest pain, confusion, and/or bluish lips/face, call your doctor or 911 right away*



911

Practice Family Well-being

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■ Talk to your child about the virus

- ▶ *Be honest with your children; speak to them in simple terms*
- ▶ *Support them in their worriedness and anxiety*
- ▶ *Monitor their exposure to news*



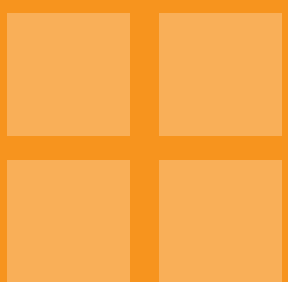
■ Have a family plan

- ▶ *Uncertain times call for preparation and solidarity*
- ▶ *Try to maintain a sense of structure, predictability and security (ex: waking up at 9am every day); routines help children feel happy and safe. Make time for play and social time, it's important*
- ▶ *Know where to go for medical or childcare services as needed*



■ Parents should prioritize self-care, too

- ▶ *Budget time for your own quiet moments, deep breathing, prayer, music, or calling friends*
- ▶ *By refilling your own cup you're able to pour out more love and patience for your children*



Foster solidarity and hope

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■ Show that you care

- ▶ *Take time to check in (by phone or video call) with neighbors, grandparents, and friends*



- ▶ *We're all being asked to do things that we're not used to, but by distancing ourselves from one another we can slow down the spread and protect those who are most vulnerable. We must stand far apart now, so we can embrace each other later.*

■ Don't despair

- ▶ *Remember that we have the power and agency to reduce the spread of COVID-19*
- ▶ *By organizing and preparing our families, and supporting the most vulnerable, we will get through this together*

