

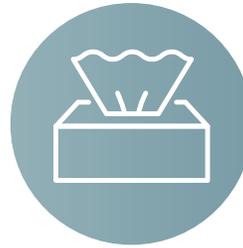
# Be committed. Be well.

## HAND WASHING

WASH YOUR HANDS AFTER:



BEING IN A PUBLIC SPACE



BLOWING YOUR NOSE



SNEEZING OR COUGHING

WASH FOR 20 SECONDS WITH SOAP AND WATER:



LATHER HANDS WITH SOAP OF ANY KIND



LATHER THE BACKS OF YOUR HANDS



LATHER UNDER NAILS & IN BETWEEN FINGERS

NO SOAP AND WATER?



USE HAND SANITIZER WITH 60% ALCOHOL



COVER ALL SURFACES OF YOUR HANDS



RUB UNTIL YOUR HANDS ARE DRY

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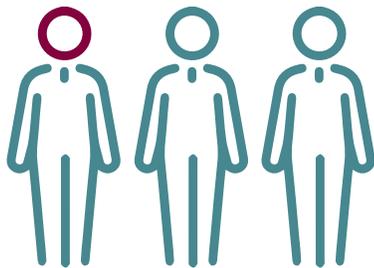
## HOW IT SPREADS



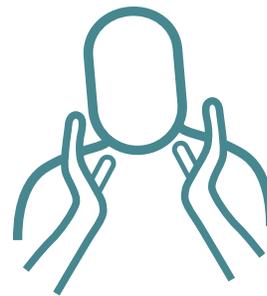
Between people  
in close contact  
(stay six feet apart!)



Through droplets from  
coughs, sneezes,  
and speaking



By infected people who  
are sick AND those  
showing no symptoms



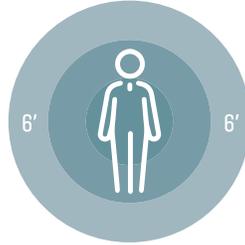
From touching a contaminated  
surface and then your mouth,  
nose, eyes

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## PREVENT THE SPREAD



Avoid crowds.



Stand 6 feet  
apart from others.



Stay home if  
you are sick.



Wear a face  
covering/mask.



Disinfect surfaces  
often.



Wash your  
hands often.



Avoid handshakes  
and high-fives.



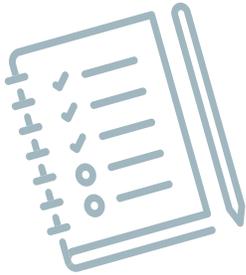
Cover coughs, sneezes  
with the inside  
of your elbow.



Create a plan  
in case a household  
member is infected.

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## HOUSEHOLD PLAN



CREATE AN  
EMERGENCY  
CONTACT LIST



KEEP A LIST OF AID  
ORGANIZATIONS FOR  
COUNSELING, FOOD,  
AND HEALTH CARE



CHOOSE A ROOM AND  
BATHROOM FOR  
ISOLATING THE SICK



PRACTICE EVERYDAY  
PREVENTATIVE  
ACTIONS



TALK WITH NEIGHBORS  
AND FAMILY ABOUT  
EMERGENCY PLANS

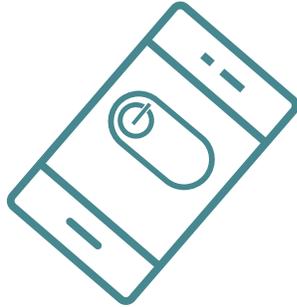


STAY CONNECTED TO  
HELP PREVENT FEELINGS  
OF LONELINESS  
AND ISOLATION

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## REDUCE STRESS & ANXIETY



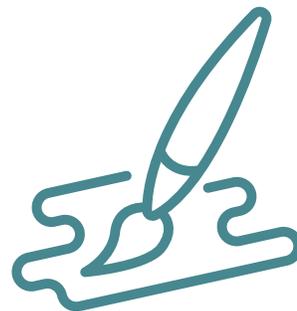
**TAKE A BREAK:**  
PUT DOWN  
YOUR DEVICES



**TALK:**  
REACH OUT  
TO FRIENDS



**STAY HEALTHY:**  
EAT RIGHT  
AND EXERCISE



**UNWIND:**  
FIND ACTIVITIES  
YOU ENJOY

# Be committed. Be well.

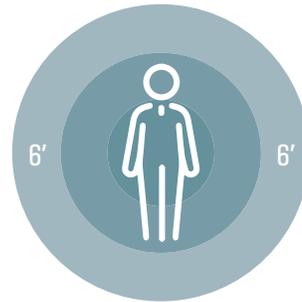
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## PHYSICAL DISTANCING

### AVOID CLOSE CONTACT



Stay home if you can.  
Avoid crowded places.



Keep a 6-foot  
distance  
from others.

### DO NOT ATTEND LARGE EVENTS



Organizers should  
modify events  
to be virtual.

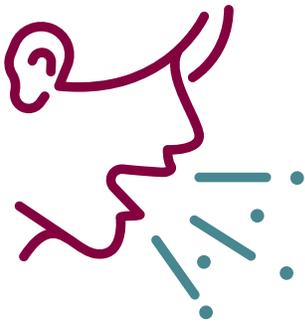


Practice physical  
distancing  
and hand hygiene.

# Be committed. Be well.

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## SYMPTOMS



### Common symptoms may include:

- FEVER
- DRY COUGH
- SHORTNESS OF BREATH OR DIFFICULTY BREATHING



### Less common symptoms may include:

- NEW ONSET DIARRHEA AND/OR VOMITING
- LOSS OF ABILITY TO SMELL
- LOSS OF ABILITY TO TASTE

If you're experiencing these symptoms, call your doctor or a local virus hotline BEFORE you go to a medical facility. If your symptoms are severe, visit an ER or call 9-1-1.



### With these symptoms, seek immediate medical care:

- PERSISTENT CHEST PAIN OR PRESSURE
- BLUISH LIPS OR FACE
- DIFFICULTY WAKING UP OR SLOW TO RESPOND

# Be committed. Be well.

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## TALKING TO CHILDREN



LIMIT NEWS  
EXPOSURE



KEEP ROUTINES



OFFER SUPPORT  
AND REASSURANCE



SHARE FACTS



BE A  
ROLE MODEL

# Be committed. Be well.

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## WHAT TO DO IF SICK



### WASH

hands with with soap and water for at least 20 seconds, or use hand sanitizer that contains at least 60% alcohol.



### STAY HOME

and avoid people and animals.



### CLEAN

high-touch surfaces daily.



### COVER

coughs and sneezes.



### DON'T

share items like dishes or bedding.



### WEAR

a face covering/mask.