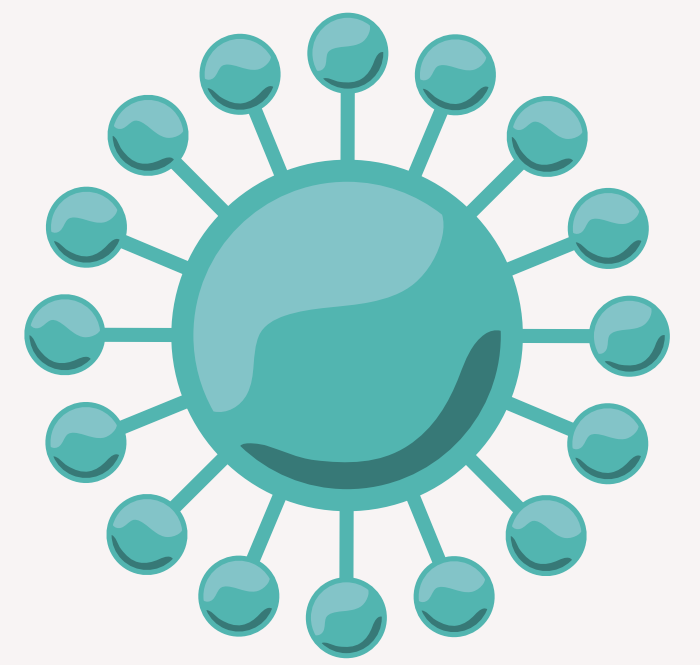


COVID-19 & Coping for Families

Tips for being prepared & staying safe

You may be at risk if...

- You or a family member have been in close contact with someone infected 14 days before symptoms occur
- Exposure time to signs of illness ranges from 2-14 days, with 5 days being the average
- Symptoms are similar to other viral infections and may include: a dry cough, malaise, fever, diarrhea, headache, and shortness of breath



Preparedness tips

- Communication & routine are key with children: be transparent, talk to them about COVID-19, how they are staying safe, and manage stress
- Do your research & avoid false information spread through media



- Supply at least 2-weeks worth of essentials (water, food, prescriptions medications, special medical equipment, diapers, and formula)



Transmission Prevention Methods



- Regularly wash hands with soap & water for a minimum of 20 seconds
- Do not touch your mouth, nose or eyes
- Avoid the emergency department unless there is an emergency
- Disinfect surfaces & frequently touched objects (phone, door knobs, light switches, keys, keyboard)
- Stay away from sick persons
- If you exhibit a fever or respiratory symptoms then stay home
- Catch coughs & sneezes into your arm or elbow
- Children should be taught to stay away from people who are coughing or sneezing

