The 7 tips to combat COVID-19 that everyone should be talking about…

Stay Clean!
COVID-19 is spread like the flu, so wash your hands with soap and water for AT LEAST 20 SECONDS (yes, you should count -- or sing!). If there isn't a sink nearby, use hand sanitizer. And if you need to cough or sneeze, do it into your elbow.

But I don't feel sick…why do I need to stay home?
Even if you don't feel sick, you can have the virus and spread it to others, which could make them really sick. So stay home!

What is COVID-19?
A virus that can cause symptoms like the flu (fever, cough, difficulty breathing) and spreads quickly. It spreads by being near someone who has the virus or touching surfaces they've touched or sneezed/coughed on.

How to help
Spread accurate information about coronavirus … not germs! Call your loved ones and stay in touch with your friends. And don't forget to wash those hands!

1 2 3 4 5 6 7

Physical Distance?
"Social distancing" does not mean deleting your Snapchat, Insta, or TikTok. But since COVID can spread in the air, it's important to be a sneeze distance (6 feet) away at all times.
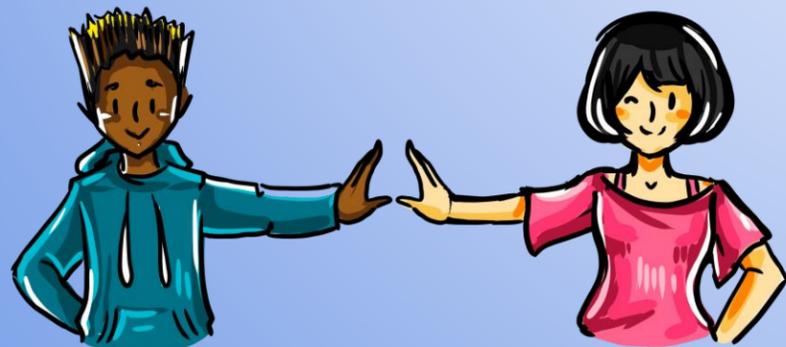
If you feel sick, tell someone!
The sooner the better! It is okay to have a runny nose. Let a trusted adult or doctor know if you're feeling sick or under the weather.

Try your best to stay calm
You may see a lot of people buying years' worth of toilet paper, so it's natural to feel scared. These reactions are normal, but if you notice that your anxiety is increasing, talk to a friend or family member. Try playing with a pet, reading your favorite book, writing, making memes, watching a funny video, or helping out around the house.