

HOW TO PROTECT YOUR FAMILY

1 TALK TO YOUR KIDS

Your Children May Be Feeling Confused and Anxious.

- Answer questions and encourage them to share their feelings.
- Reassure them that they are ok and you are there for them.



FAMILY REMINDERS

Place Notes Like These to Help Your Family Stay Safe.

Did you wash your hands?

Take 20 seconds and do it now.

Hey, clean your phone!

Because, um, you touch it every day.

Star in your own video!

Visit with friends and loved ones via video instead of in person.

Stay six feet apart

Any time you are outside of the house, no exceptions.

2 WASH HANDS FREQUENTLY & WEAR A FACE COVERING

It's the Best Way to Stop the Spread.

- Thorough handwashing takes at least 20 seconds.
- Do it when you come in from outside, before eating and after you sneeze or cough.
- Always wear a face covering, making sure nose and mouth are covered.



3 STAY AT HOME

Social and Physical Distancing Slows the Spread.

- This can be especially hard for kids. Staying home protects your family and other people.
- Keep playdates virtual.
- If you need to leave the house, stay a minimum of 6 feet from other people.



4 FREQUENTLY CLEAN HIGH TOUCH SURFACES

Think clean up where you touch.

