

WE'RE IN THIS TOGETHER!



We all have a part to play in staying safe in the face of the COVID-19 coronavirus. Protect yourself and those around you by following the guidelines below. Working together, we can make it through this pandemic and save lives.

How to protect yourself, your family, friends and community:

Physical distancing – Staying at least 6 feet apart from others can dramatically slow coronavirus spread. Even if you're symptom-free, you could already be infected and contagious. Avoid gatherings with people outside of your direct household.

Wash your hands – Lather up for at least 20 seconds often throughout the day. Wash the first thing when you come indoors from an outing, after touching items delivered to your home, and any time you cough, sneeze or blow your nose.

Wear face covering in public – New evidence shows covering your mouth and nose in public protects others. But even with a covering, you still have to stay 6 feet apart to be safe. To learn how to make, wear and clean face masks, go to [cdc.gov](https://www.cdc.gov) and click on “cloth face coverings.”

Connect with others – Use your phone or video chat to stay in touch, spread community spirit, check in on others, and ask for help if you need it.

For local information about COVID-19 symptoms and testing, visit stlukesonline.org.

Thank you and we wish you wellness. We *will* make it through this difficult time.

KIDS CAN BE HELPERS

in protecting family, friends and community.



Send a message or call grandparents, relatives, friends, teachers and people who will get a mental boost hearing from you.



Use sidewalk chalk to draw fun pictures and write encouraging and hopeful messages for neighbors to see as they walk.



Virtual Pen Pal

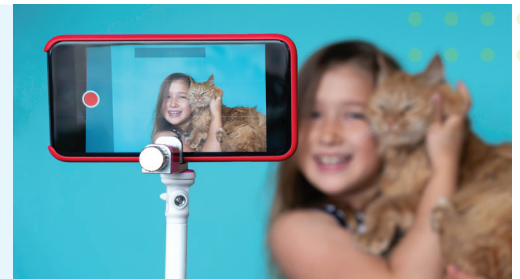
Have your parents help you connect with someone you would like to know more about and start a virtual pen pal exchange. Ask your pal their favorite food, activity, song, movie and other fun facts.

Chain of Positivity

Share quotes and positive thoughts with the contacts in your phone and on social media to inspire and encourage.

Go Viral in a Positive Way

Post a homemade video about beating COVID-19 on social media and watch it go viral.



Video of Hope

Send a video message to a retirement or nursing home to provide hope, inspiration and connection to those who can't have visitors in person.

Video Chat Book Club

Read with friends or family. Find a free book you can read together and discuss, or read a story to a grandparent using a video chat app.



Video Chat Karaoke

Set up a video chat karaoke party with friends or family to sing and dance.

