

# Coronavirus (COVID-19)

## STOP THE SPREAD



### Signs & Symptoms



Cough



Fever at or above 100.4°F (or 38°C)



Trouble breathing

### Who needs the most protection?

Everyone is at risk, including children and older adults. You may be at higher risk if you have:

#### A medical condition such as:

high-risk pregnancy, asthma, diabetes, HIV, cancer, sickle cell, anemia, lung problems and autoimmune diseases.

#### High levels of stress related to:

- crowded living conditions
- not enough money for food
- relying on public transportation
- untreated health problems

### How does the virus spread?

**COVID-19 is invisible and spreads quickly from person to person by:**

- standing less than 6 feet from people, shaking hands, hugging, kissing
- spreading through the air if a person coughs or sneezes
- touching surfaces where germs live such as door knobs, toys, phones
- a person who does not have any symptoms but has the virus

We want to keep children and families healthy. Here's how you can stop the spread of the coronavirus (COVID-19).



### Keep your family home!

Avoid public transportation, avoid physical contact and keep 6 feet apart from people.



### Wash and keep clean!

Wash your hands for 20 seconds. Don't touch your eyes, nose or mouth. Cover coughs and sneezes. Clean surfaces often.



### Keep healthy habits!

Eat well-balanced meals. Exercise at home. Get at least 8 hours of sleep at night.

To find out more, visit [KidsHealth.org](https://www.kidshealth.org).

**Nemours** Children's Health System