Coronavirus (COVID-19)
STOP THE SPREAD

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.

**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