COVID-19
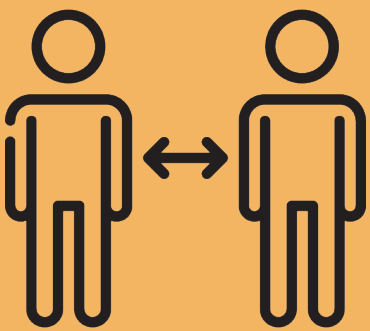
Shelter-in-Place

Stay at home to protect yourself and others. It takes 2 to 14 days for symptoms to appear, so even if you think you aren't sick, you might be! You don't know who could get seriously ill from exposure.

Keep Your Distance

Practice social distancing! When you spend time outside or leave your house for essentials, stay 6 feet away from others to prevent accidental exposure.

Wash Your Hands

When you wash, sing "Happy Birthday" to yourself to be sure you're washing long enough. Make sure to wash after you cough or sneeze, and don't forget the backs of your hands and your thumbs!

Be Kind to Others

Life is stressful for everyone right now, so try your best to be understanding and thankful for the people working in any essential areas, such as grocery stores and hospitals. Remember one person is affected by this pandemic just as much as the next!

Take Care of You

With everything that's going on, it can be easy to forget about yourself. Stay positive, do a puzzle, call a loved one, and take this time to explore your hobbies more!