

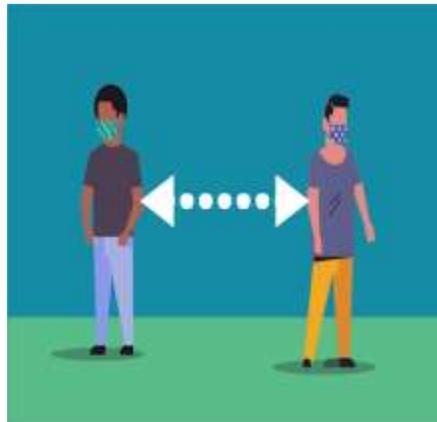
Staying Healthy & Safe During the COVID-19 Pandemic Tips from Nurse Celia

During these times of change and uncertainty we are challenged to focus on ways to improve our physical, mental and spiritual wellbeing. We need to stay positive and have faith that things will get better. Now more than ever, it is imperative to focus on practicing healthy behaviors.

Protecting Ourselves and Others

The best way to prevent illness is to avoid being exposed to SARS-COV-2 the virus that causes coronavirus disease 2019 (COVID-19).

Social Distancing



cdc.gov



vecteezy.com

- People can spread the virus before they know they are sick.
- May be spread by people without symptoms.
- Avoid contact with sick people, even inside your home.

Wash Your Hands



- Wash your hands often with soap and water for at least 20 seconds.
- After using the bathroom, before eating, after touching pets, coughing, sneezing, blowing your nose and after playing outside.
- After being in a public place.
- After touching objects or surfaces touched frequently by other people.
- Baby wipes are not designed to remove germs, although hands may look clean, CDC recommends using soap and water.

Alcohol-based Hand Sanitizer



- If soap and water are not available, use a hand sanitizer with **at least 60% alcohol**.
- Put enough sanitizer on your hands to cover all surfaces.
- Rub your hands together until they feel dry (this should take around 20 seconds).
- **Do NOT** rinse or wipe off the hand sanitizer before it's dry.
- Do not use if hands are visibly dirty, or greasy.

Tips:

- Set an example for your children by washing your hands often.
- Teach children to avoid touching their eyes, nose and mouth with unwashed hands.
- Set regular hand washing reminders.
- Children can sing the "Happy Birthday" song twice, use a timer, or come up with their own song.

Cloth Face Covering



- Cloth face coverings should not be placed on young children under age 2 years, anyone who has trouble breathing, is unable to remove the mask without assistance, ages 2-8 with supervision
- Remove by holding the strings and wash your hands. Wash it after use.
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

HELP KEEP YOURSELF SAFE

NEW CDC CLOTH MASK GUIDELINES

The CDC now recommends that everyone wear a cloth mask while in public. It is believed the masks may help individuals who have the virus but are not yet symptomatic from unintentionally spreading the virus. Please don't use N95 or surgical masks as there is a critical shortage of these items for our health care workers and first responders.

DO <p>Wear a mask when running essential errands.</p>	DO <p>Take mask off by the ear elastic.</p>	DO <p>Wash your mask as soon as possible.</p>	DO <p>Wash your hands for 20 seconds after removing your mask & on a regular basis. AND practice social distancing when outside of your home. 6 FEET APART</p>
DON'T <p>Touch your mask while you are wearing it.</p>	DON'T <p>Take your mask off by grabbing the center near your mouth and nose.</p>	DON'T <p>Share your mask with others in your household without washing it first.</p>	DON'T <p>Play with your mask.</p>

www.needhamma.gov/coronavirus

What can I do to help protect against the spread of COVID-19?

- Cough or sneeze into a tissue (throw away immediately) or your elbow.
- Clean and disinfect frequently touched objects and surfaces.
- Do not share food or drinks.
- Practice giving fist or elbow bumps instead of handshakes.

Tips on Talking to Children about COVID-19

- Do your best to remain calm and positive. Children will pay attention to what you say and how you say it.
- Keep explanations simple and age appropriate. Too much information can increase anxiety.
- Make time to talk. Welcome questions. Answer questions honestly and accurately.
- Pay attention and limit what children see and hear regarding COVID-19.
- Guide children in what they can do to prevent infection, this will give them a greater sense of control and will help reduce anxiety.
- Talking to children tip sheet:
https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf



COVID-19 Parent Resources:

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://childmind.org/article/self-care-in-the-time-of-coronavirus/>

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.health.state.mn.us/communities/mentalhealth/children>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<http://publichealth.lacounty.gov/services.htm>