



What can you do to help during COVID-19?

- Stay informed using reliable resources like:
 - [cdc.gov/coronavirus/](https://www.cdc.gov/coronavirus/)
 - [in.gov/coronavirus/](https://www.in.gov/coronavirus/)
- Be honest when discussing the issue with others, especially your doctor.
- Use age-appropriate responses/explanations in communication.
- Limit consumption of news and social media with young children or those who are overwhelmed with information.
- Practice and promote safe and effective hand washing, good hygiene, and cleanliness in high traffic areas.
- Stay home when you or anyone in your household is sick or experiencing symptoms: fever, cough, shortness of breath.
- Get carry out/delivery from your favorite restaurant.
- Use the time to connect with children and families – think fun!
- Do things that help relax you and promote mental wellness: yoga, meditation, reading a good book, etc.
- Stay active — run, walk, hike, exercise.
- Check on family, friends, and particularly those in isolation.
- If you are experiencing significant emotional distress, reach out to family, friends, or a mental health professional.

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT
2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT
5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

