I do my part to prevent COVID-19 in my community

By washing my hands often with soap and water for at least 20 seconds.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to prevent COVID-19 in my community

By staying home and speaking to my healthcare provider if I develop fever, cough or shortness of breath.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to protect my family from COVID-19

By avoiding touching my face, eyes, mouth, and nose.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to protect my community from COVID-19

By avoiding crowds and putting distance between myself and other people.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to protect us all from COVID-19

By sharing information only from trusted sources.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to protect others from COVID-19

By staying at home if I feel sick, and calling my healthcare provider.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to protect my kids from COVID-19

By answering their questions and cleaning and disinfecting frequently touched surfaces.

For more info visit healthyamericas.org
I do my part to protect my community from COVID-19

By using a tissue to cover my nose and mouth when I cough or sneeze and then throwing it in the trash.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to protect others from COVID-19

By wearing a facemask only if I'm sick or taking care of someone sick.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to protect my mind & body from COVID-19

By trying to eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to reduce stress and anxiety from COVID-19

By taking care of my body, taking deep breaths, stretching, praying or meditating.

For more info visit healthyamericas.org
I do my part to honor those at the front lines of COVID-19

By limiting my trips to essential services as much as possible.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to manage stress and anxiety during COVID-19

By taking a break from watching, reading, or listening to news stories.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to cope with stress during COVID-19

By making time to unwind, releasing my inner creativity and writing it down.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to keep healthy during COVID-19

By taking time to get rest and doing something for myself when it is feasible.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to protect us all during COVID-19

By paying attention to changing rules and regulations.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to protect my community from COVID-19

By washing my hands after handling my pet, their food, waste, or supplies.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part taking care of my mental health during COVID-19

By being home with my family, counting our blessings and connecting with others "virtually".

For more info visit healthyamericas.org
SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to be ready during COVID-19
By making sure I have enough medications, food, and supplies in case I have to stay home.

For more info visit healthyamericas.org
SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to be ready during COVID-19

By having my emergency contact list ready with info for family, friends, neighbors, health care providers & teachers.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to support my community during COVID-19
By learning about continuing education and social services (such as student meal programs) during school closures.
I do my part to slow the spread of COVID-19

By following my employer's sick-leave policies and telework options.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to support my community during COVID-19

By staying in touch by phone or email with family and friends with chronic medical conditions.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to slow the spread of COVID-19

By discouraging my kids from gathering in public places while school is closed.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to keep my children healthy during COVID-19

By encouraging them to share their concerns and ask me questions.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to be ready during COVID-19

By having a list of organizations that provide health care & mental health services, food & other supplies.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to support teachers during COVID-19

By having my kids complete classroom assignments and activities they can do from home.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to protect us all from COVID-19

By avoiding being exposed to this virus and taking steps to protect myself at all times.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to keep my family active during COVID-19

By taking walks or going on a bike ride while putting distance between us and other people.

For more info visit healthyamericas.org

SOURCE: Adapted from www.cdc.gov/coronavirus/
I do my part to keep healthy during COVID-19

By taking indoor activity breaks (stretch or dance breaks) throughout the day.

For more info visit healthyamericas.org
SOURCE: Adapted from www.cdc.gov/coronavirus/