

## CORONAVIRUS SMART TIPS

# HOW TO PROTECT YOUR FAMILY



### 1 TALK WITH YOUR KIDS

Children may feel confused and anxious.

- **Answer questions** and encourage them to share their feelings
- **Reassure them** they are OK and that you are there for them

### 2 WASH HANDS FREQUENTLY

It's the best way to stop the spread of disease.

- Thorough hand washing takes **20 seconds**
- Do it when you come from the **outside**, before **eating** and after **coughing or sneezing**

### 3 STAY AT HOME

Social distancing slows the spread of disease and keeps vulnerable people safe.

- This can be difficult for kids but **staying home protects your family and others**
- Keep play dates **virtual**
- If you need to leave home remember to stay **at least 6 ft** from others

## FAMILY REMINDERS

*Place notes like these around the house to help your family stay safe:*

### DID YOU Wash Your Hands?

Take 20 seconds and do it now.

### HEY, Clean Your Phone.

because, um you touch it all day.

### STAR IN Your Own Video.

Visit with friends or relatives via video instead of in person.

### STAY Six Feet Apart.

Any time you are outside the house. No exceptions.

TALK **About It.**  
Sharing your feelings is good, it keeps them from building up.