



Brought to you by the Holy Family Health Ministry

To cope with stress from COVID 19:

- Get up and go to bed at similar times every day.
- Keep up with personal hygiene.
- Eat healthy meals at regular times.
- Exercise regularly. Just doing 3-4 minutes of light intensity physical movement, such as walking or stretching, will help.
- Allocate time for working and time for resting.
- Make time for doing things you enjoy.
- Take regular breaks from on-screen activities.

Follow these tips for staying safe

KEY TIMES to Wash Your Hands






- ✓ **Before**
 - Eating or preparing food
 - Touching your face
- ✓ **After**
 - Using the restroom
 - Coughing or sneezing
 - Leaving a public place
 - Handling mask
 - Changing a diaper
 - Caring for someone sick
 - Touching animals or pets

 [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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KEY TIMES to Social Distance

- ✓ **Inside your home when someone is sick**
If possible, stay at least 6 feet away.

- ✓ **Outside your home**
Stay at least 6 feet away from other people. Do not gather in groups. Stay out of crowded places and avoid mass gatherings.


 [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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KEY TIMES to Clean and Disinfect Your Home



Daily!

This includes tables, doorknobs, light switches, counter-tops, handles desks, phones, keyboards, toilets, faucets, and sinks.



If someone in the home is sick

If someone in the home is sick, after they touch additional surfaces that someone else in the home may touch, like bathroom surfaces, utensils, light switches, etc.



Keep cleaning supplies out of the reach of children.

Clean: Use soap and water to clean dirty surfaces, prior to disinfection.
Then, disinfect: apply disinfectant to surface, most of the common EPA registered household disinfectants work.



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KEY TIMES to Wear Gloves



Use disposable gloves when disinfecting after someone who is sick, like when you wash their dishes, do their laundry or disinfect other surfaces they have touched.



In most other situations, like running errands, wearing gloves is not necessary.

Protect yourself by frequently washing your hands.

Use disposable or reusable when a cleaning product's instructions say to use gloves.



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Do your part to protect yourself and others, and prevent the spread of COVID-19:

- Maintain a safe distance from anyone who is coughing or sneezing.
- Wear a mask when physical distancing is not possible.
- Do not re-use a disposable mask and always change it as soon as it gets damp.
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell.
- If you have a fever, cough and difficulty breathing, seek medical attention.