

Yo ayudo a prevenir el COVID-19 en mi comunidad

Lavándome las
manos a menudo
con agua y jabón
como mínimo por
20 segundos.



Yo ayudo a prevenir el COVID-19 en mi comunidad

Quedándome en casa
y hablando con un
profesional de salud
si tengo fiebre, tos o
dificultad para
respirar.



Yo ayudo a proteger a mi familia del COVID-19

Evitando
tocar mi
cara, ojos,
boca y nariz.



Yo ayudo a proteger a mi comunidad del COVID-19

Evitando grupos y manteniéndome distante de otras personas.



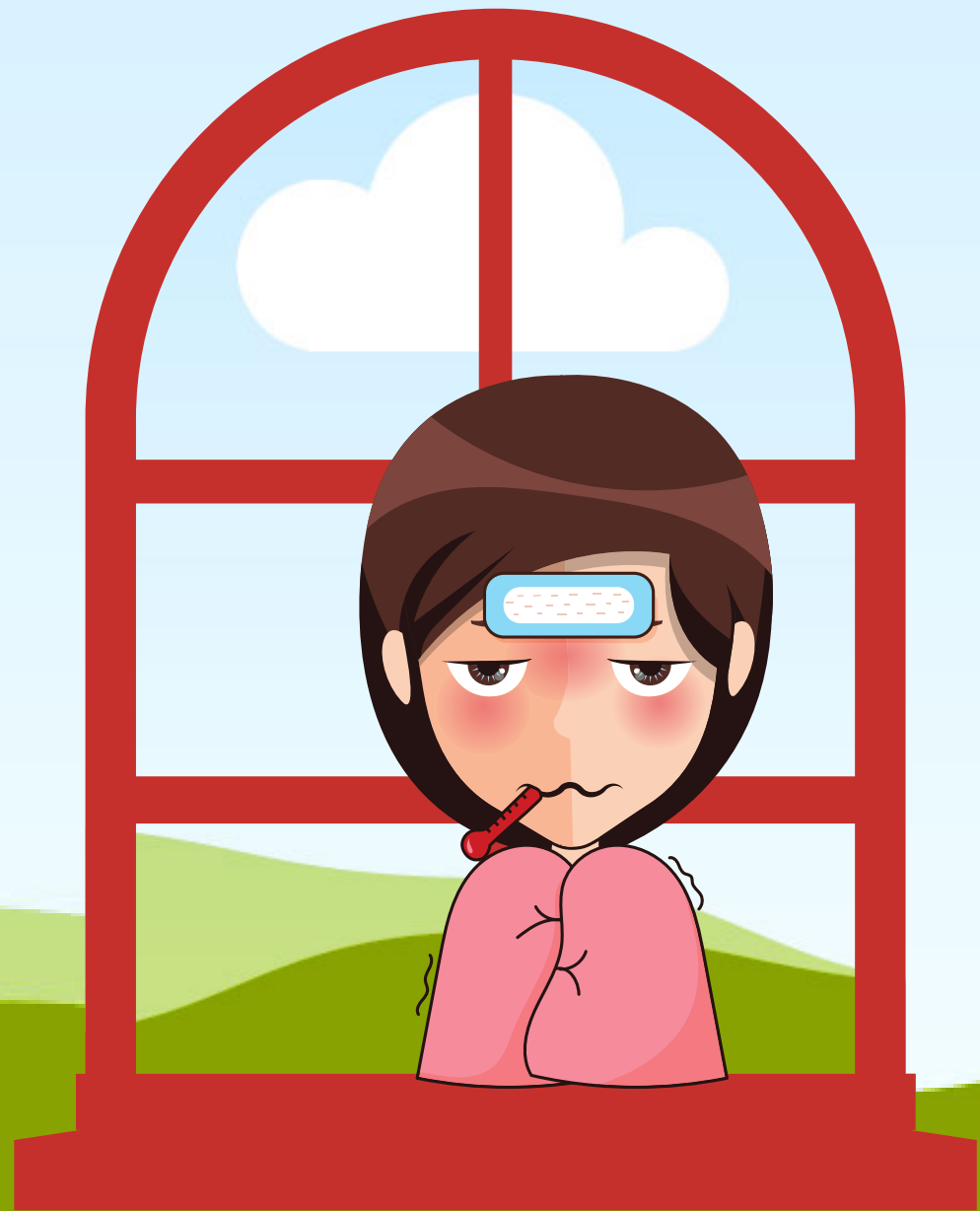
Yo pongo de mi parte para protegernos a todos del COVID-19

Compartiendo
información solo
de fuentes
confiables.



Yo ayudo a proteger a los demás del COVID-19

Quedándome en
casa si me siento
enfermo y
llamando
a mi proveedor de
servicios de salud.



Yo ayudo a proteger a mis hijos del COVID-19

Respondiendo a sus preguntas y limpiando y desinfectando superficies que tocamos frecuentemente.



Yo ayudo a proteger a mi comunidad del COVID-19

Usando un pañuelo para cubrir mi nariz y boca cuando toso o estornudo y luego botándolo a la basura.



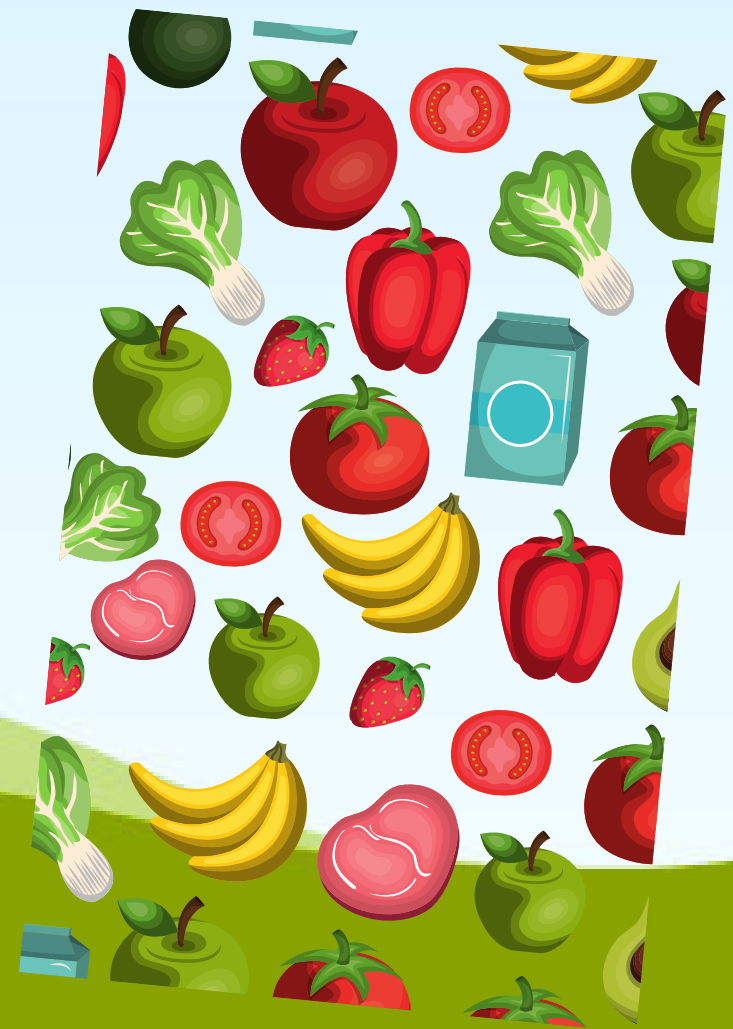
Yo ayudo a proteger a los demás del COVID-19

Usando una
máscara facial
solo si estoy
enfermo o cuido
de alguien
enfermo.



Yo protejo mi mente y mi cuerpo del COVID-19

Tratando de comer
comidas saludables y
bien balanceadas,
haciendo ejercicio y
durmiendo lo
suficiente.



Yo reduzco el estrés y la ansiedad que me da el COVID-19

Cuidando mi cuerpo, respirando profundamente, estirándome, rezando o meditando.



Yo apoyo a quienes trabajan enfrentando el COVID-19

Limitando mis visitas
a los servicios
esenciales
tanto como sea
posible.



Yo trato de controlar el estrés y la ansiedad generados por COVID-19

Tomando un descanso y dejando de ver, leer o escuchar las noticias.



Yo trato de lidiar con el estrés durante el COVID-19

Tomando tiempo
para distraerme,
expresando mi
creatividad y
escribiendo.



Yo trato de mantenerme saludable durante el COVID-19

Tomando tiempo para descansar y haciendo algo para mí cuando se puede.



Yo pongo de mi parte para protegernos a todos durante el COVID-19

Prestando
atención a los
cambios en las
reglas y regulaciones
locales.



Yo pongo de mi parte para proteger a mi comunidad del COVID-19

Lavándome
las manos
después de tocar
a mi mascota, sus
alimentos o
desechos.



Yo cuido mi salud mental durante el COVID-19

Estando en casa con mi familia, agradeciendo nuestras bendiciones y conectando virtualmente con los demás.



Yo me preparo para el COVID-19

Asegurándome de tener suficientes medicamentos y suministros en caso de que tenga que quedarme en casa.



Yo me preparo para el COVID-19

teniendo la lista de contactos de emergencia con información de familiares, amigos, vecinos, profesionales de salud y profesores.



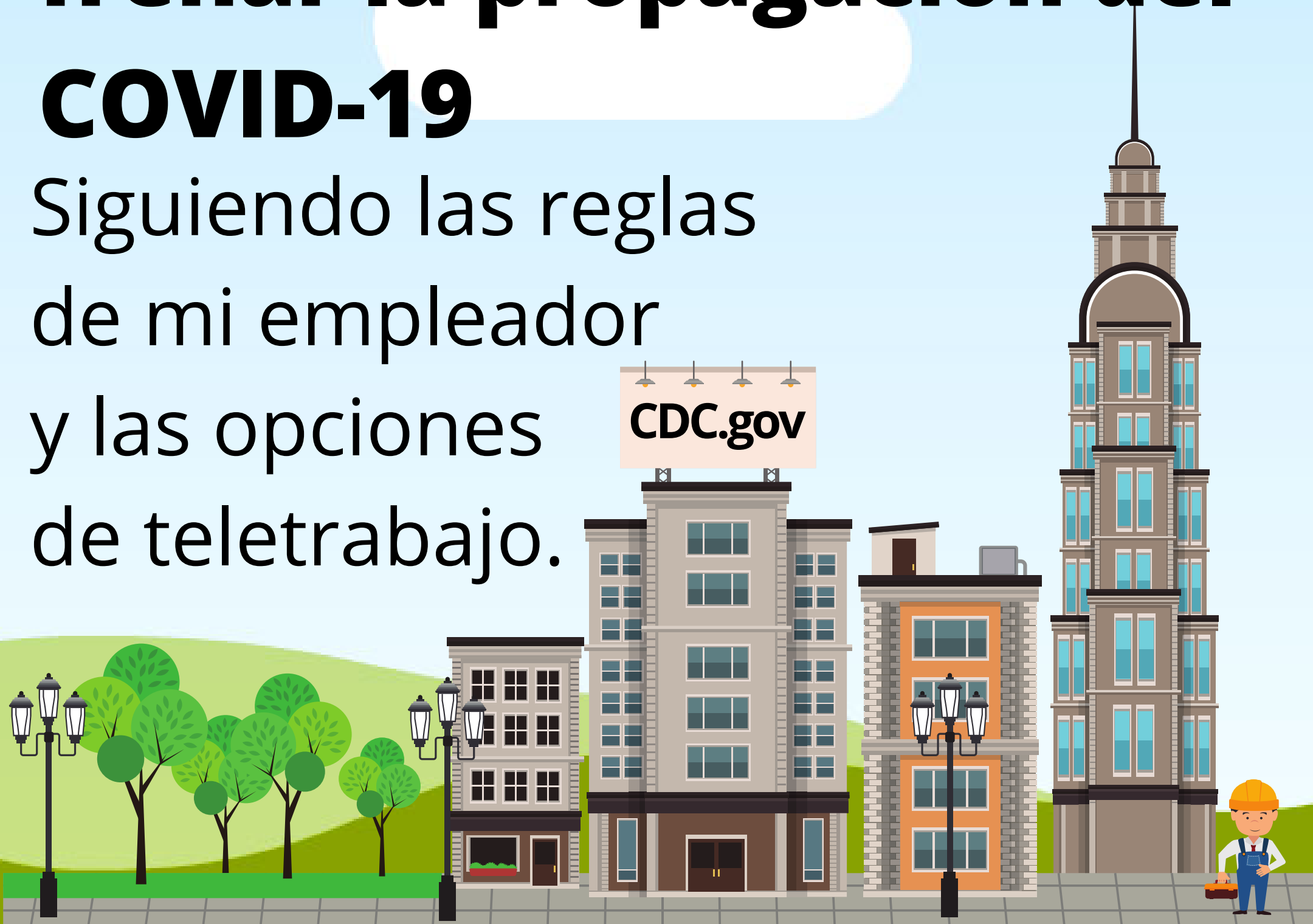
Yo apoyo a mi comunidad durante el COVID-19

Entendiendo como funciona la educación a distancia y los servicios sociales como los programas de comidas para estudiantes, si hay cierre de colegios.



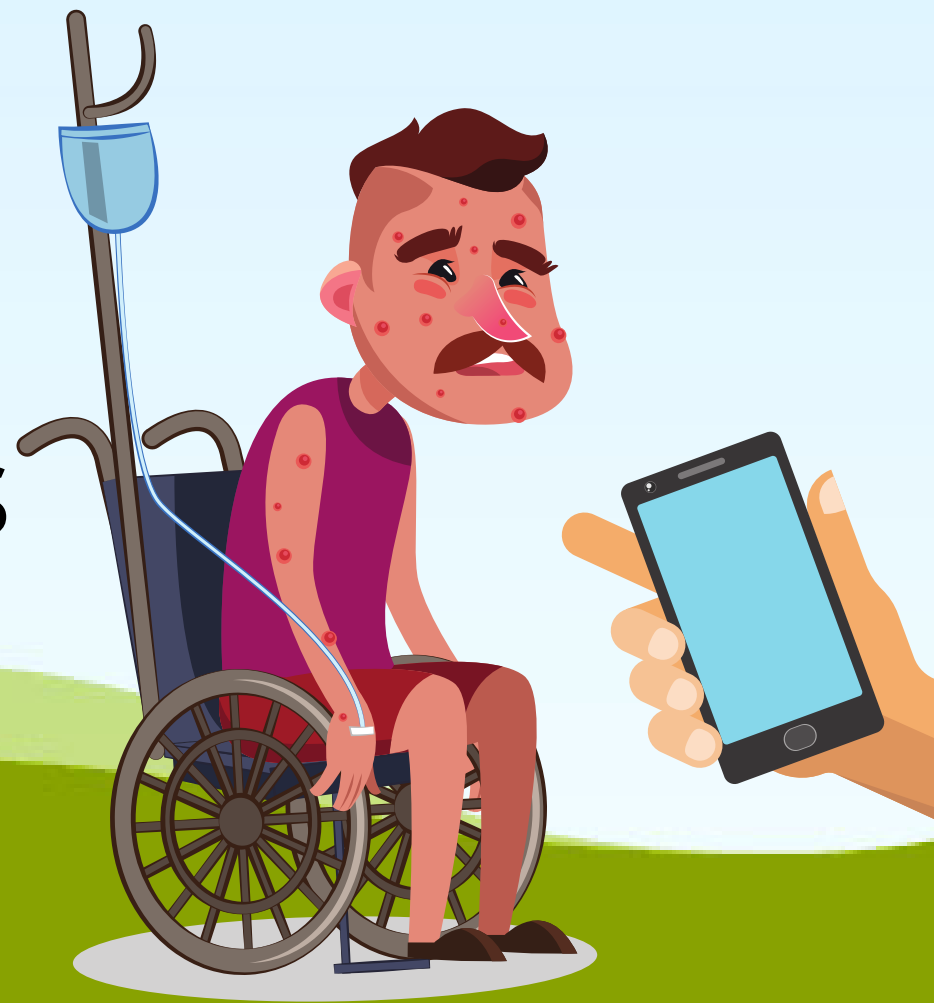
Yo pongo de mi parte para frenar la propagación del COVID-19

Siguiendo las reglas de mi empleador y las opciones de teletrabajo.



Yo apoyo a mi comunidad durante el COVID-19

Manteniéndome en contacto por teléfono o correo electrónico con familiares y amigos con enfermedades crónicas



Yo pongo de mi parte para frenar la propagación de COVID-19

Disuadiendo a mis hijos de reunirse con otros en lugares públicos mientras el colegio este cerrado.



Yo ayudo a mantener mis hijos saludables durante el COVID-19

Motivándolos a
compartir sus
preocupaciones
y a hacerme
preguntas.



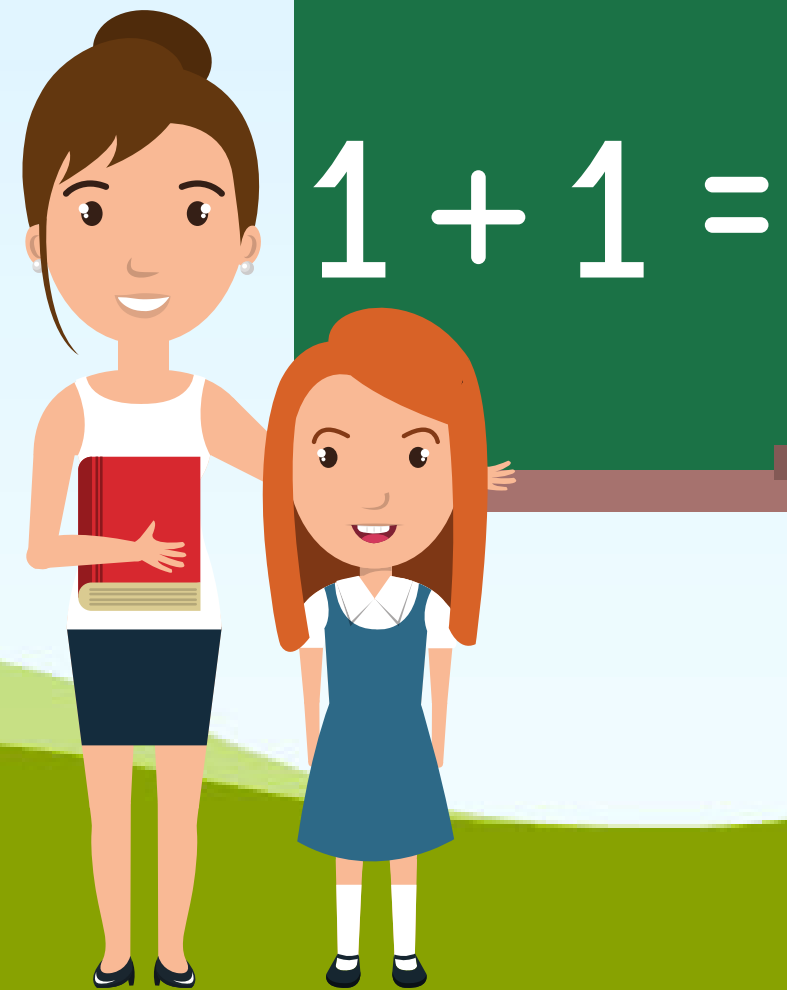
Yo me preparo para el COVID-19

Teniendo una lista de agencias que brindan atención médica y servicios de salud mental, alimentos y otros suministros.



Yo apoyo a los profesores durante el COVID-19

Haciendo que mis hijos completen sus tareas y actividades escolares que pueden hacer desde la casa.



Yo pongo de mi parte para protegernos a todos del COVID-19

Evitando
estar expuesto a
este virus y
tomando medidas
para protegerme en
todo momento.



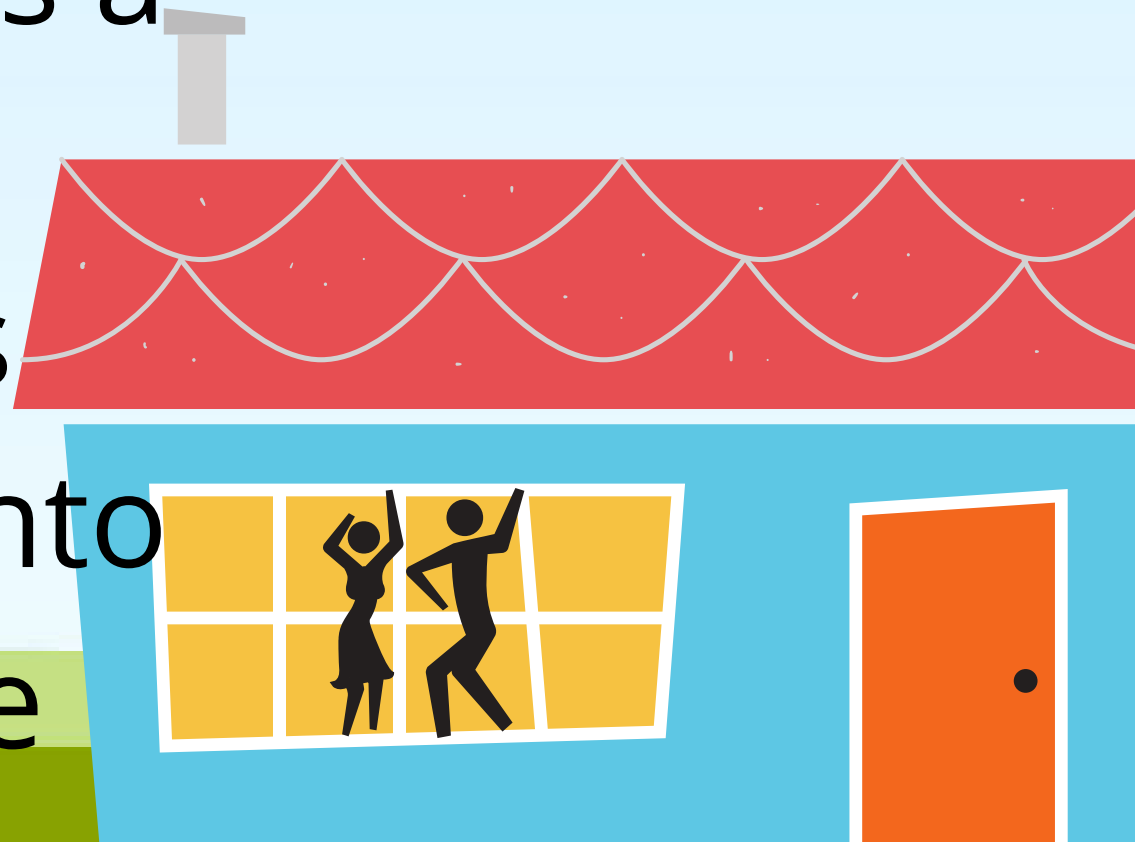
Yo mantengo a mi familia activa durante el COVID-19

Saliendo a caminar o montando en bicicleta, pero siempre dejando espacio para las otras personas.



Yo trato de mantenerme saludable durante el COVID-19

Haciendo pausas a lo largo del día para actividades como estiramiento y baile dentro de la casa.



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.



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.



I do my part to protect my family from COVID-19

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



I do my part to protect my community from COVID-19

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



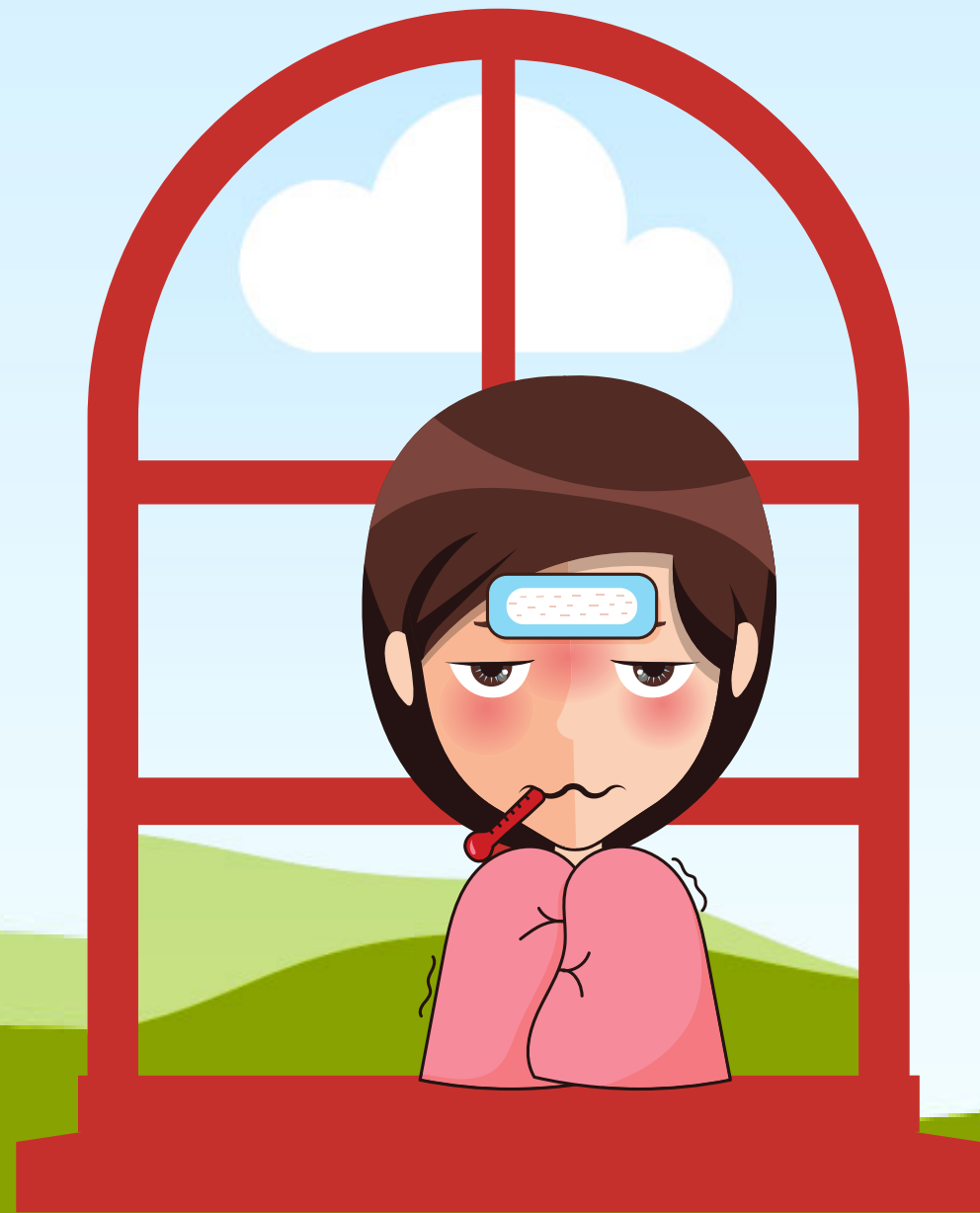
I do my part to protect us all from COVID-19

By sharing
information only
from trusted
sources.



I do my part to protect others from COVID-19

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



I do my part to protect my kids from COVID-19

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



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.



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.



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.



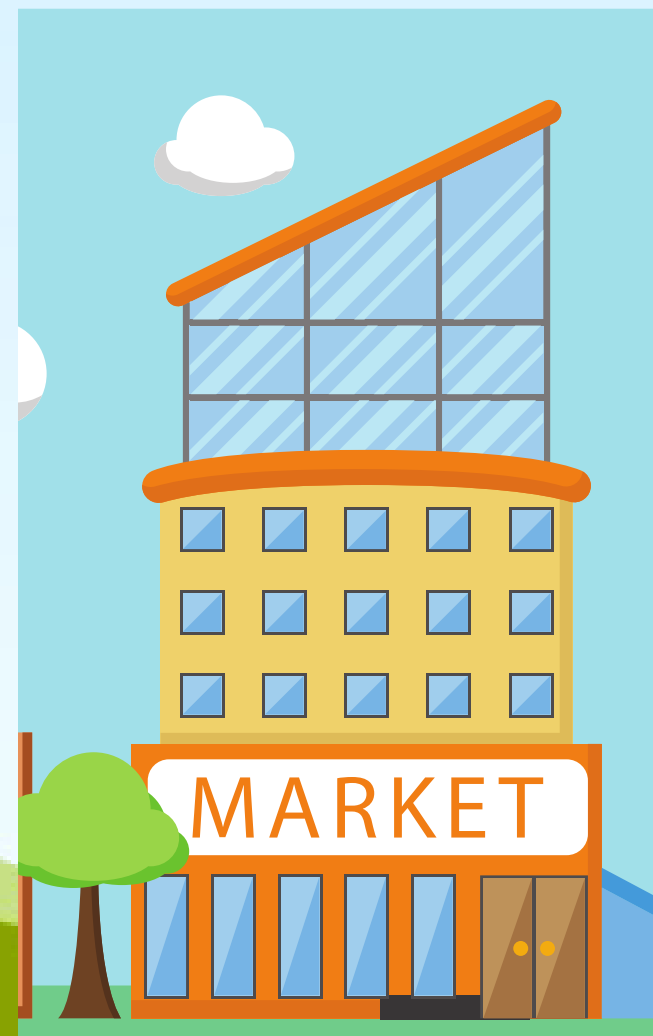
I do my part to reduce stress and anxiety from COVID-19

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



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.



I do my part to manage stress and anxiety during COVID-19

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



I do my part to cope with stress during COVID-19

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



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.



I do my part to protect us all during COVID-19

By paying
attention to
changing rules
and regulations.



I do my part to protect my community from COVID-19

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



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".



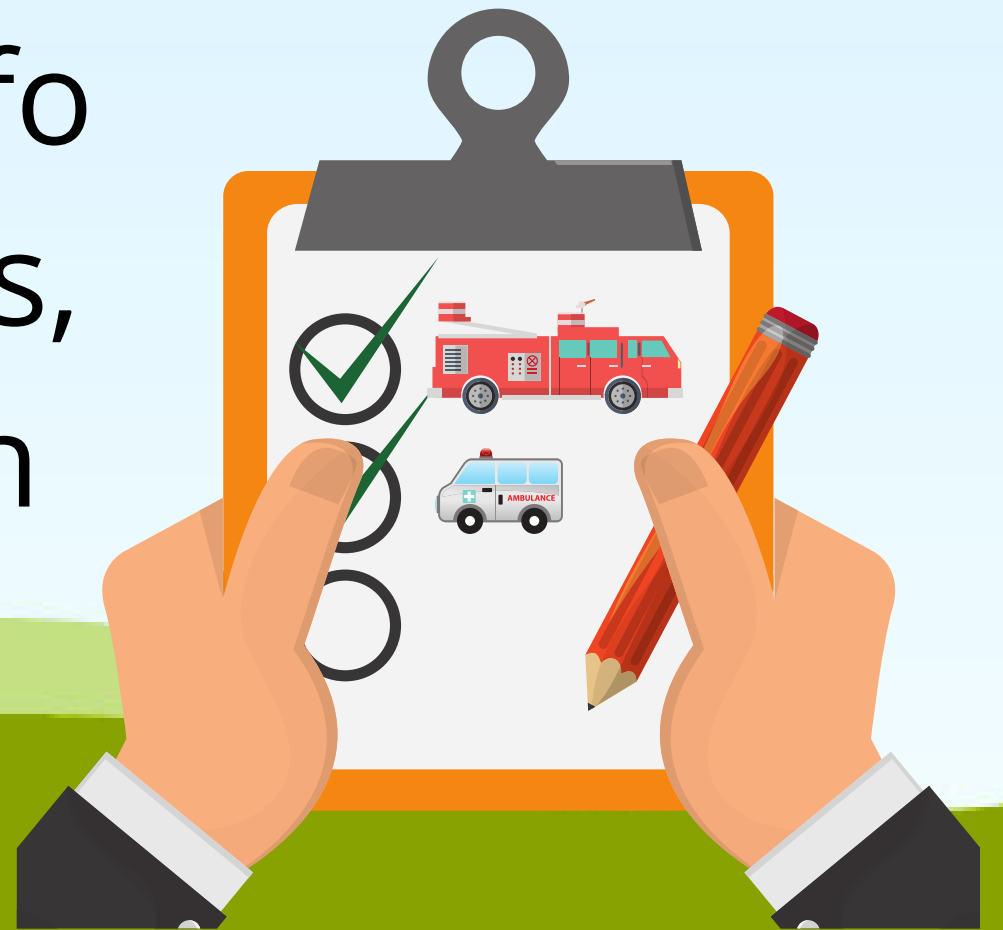
I do my part to be ready during COVID-19

By making sure I have enough medications, food, and supplies in case I have to stay home.



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.



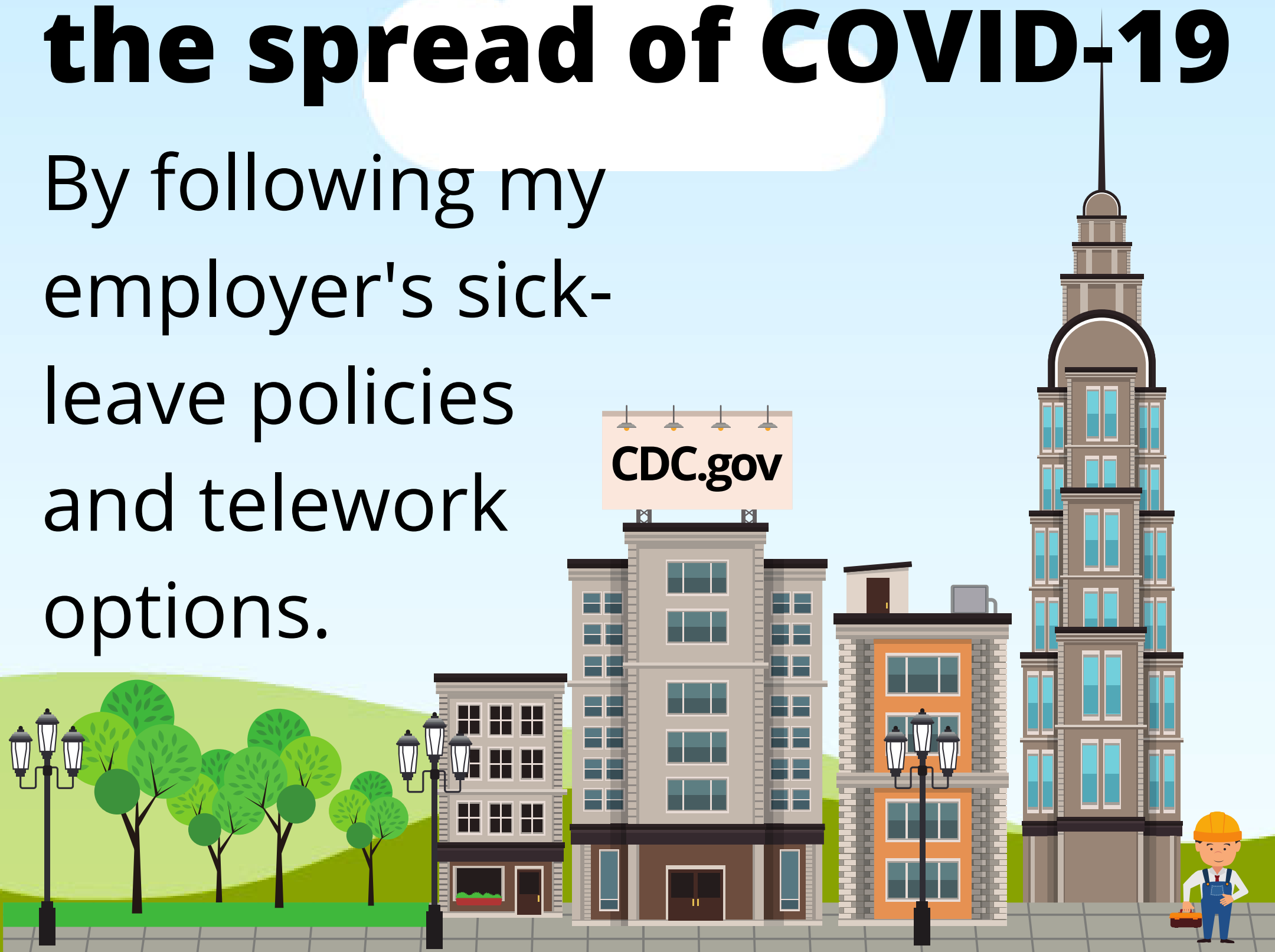
I do my part to support my community during COVID-19

By learning about
continuing education
and social services
(such as student
meal programs)
during school
closures.



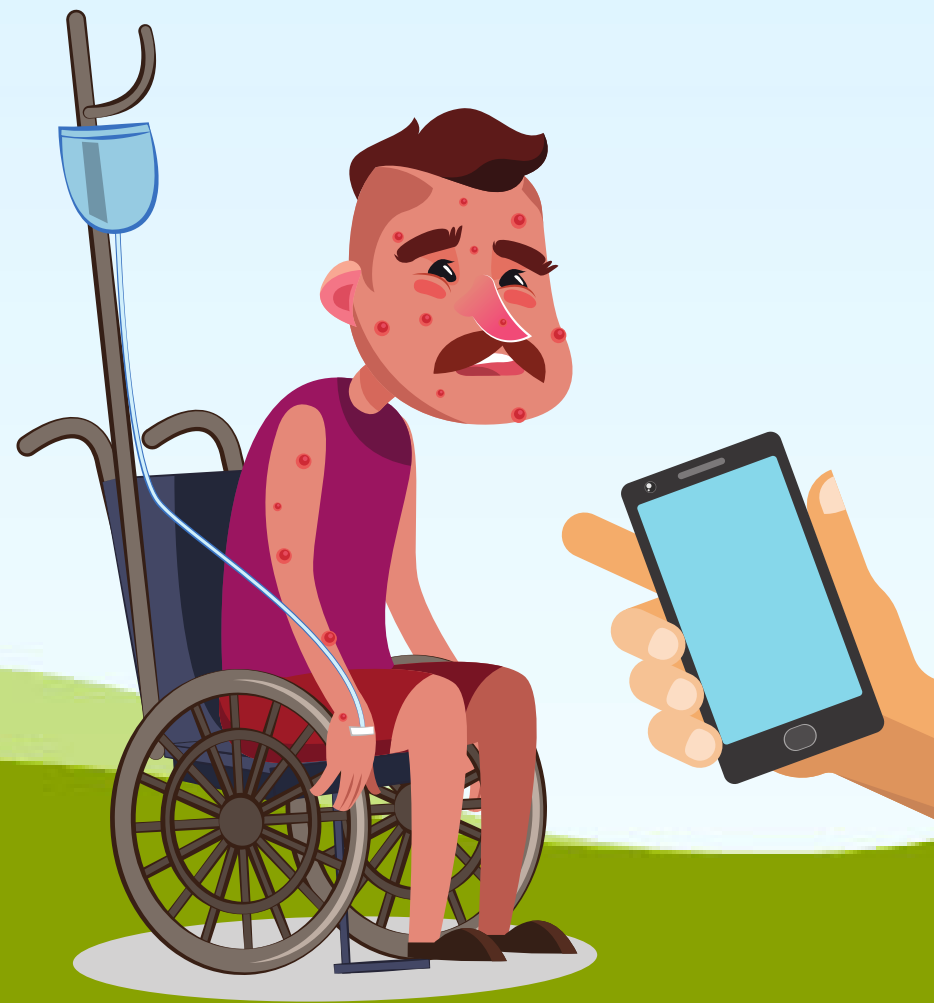
I do my part to slow the spread of COVID-19

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



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.



I do my part to slow the spread of COVID-19

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



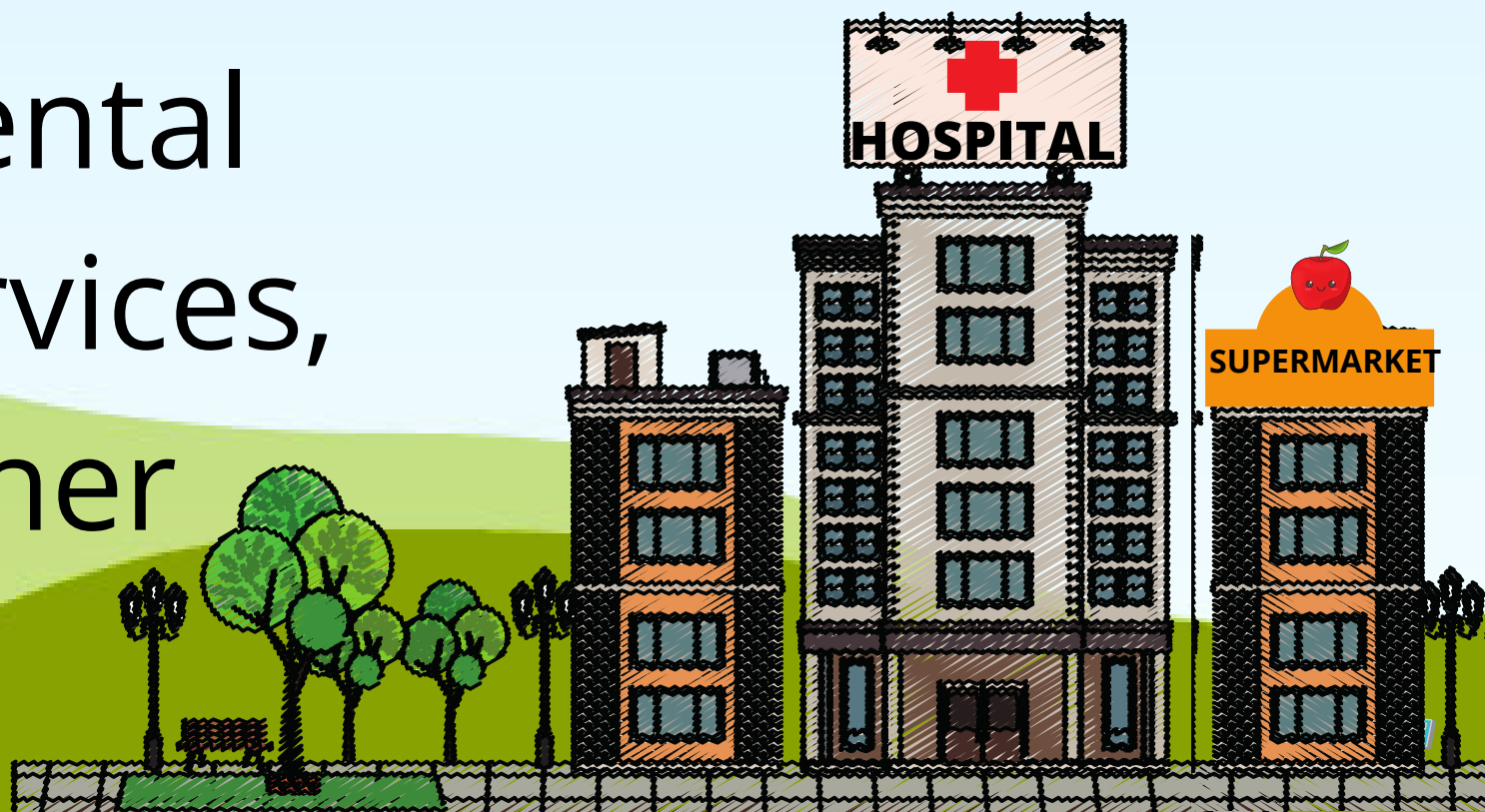
I do my part to keep my children healthy during COVID-19

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



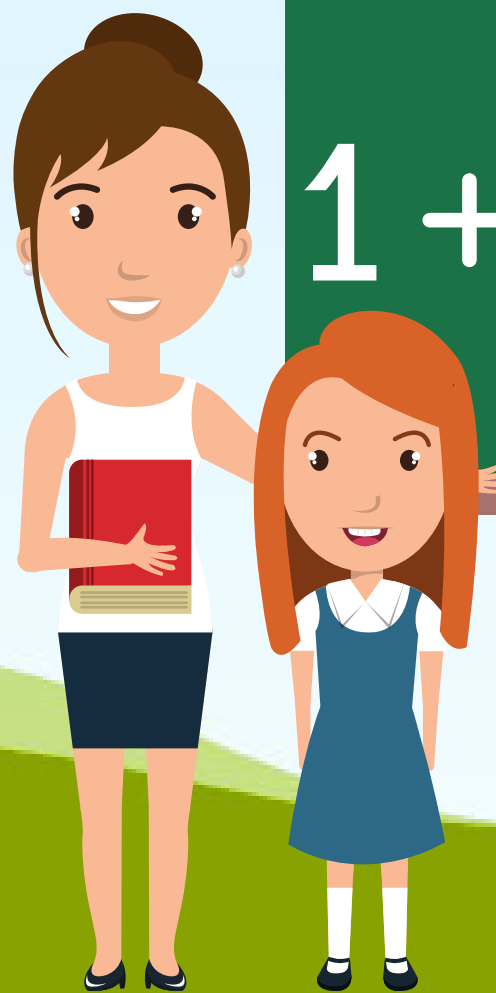
I do my part to be ready during COVID-19

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



I do my part to support teachers during COVID-19

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



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.



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.



I do my part to keep healthy during COVID-19

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

