Protect Yourself and Children in Your Care

Slow the Spread of COVID-19

Illness can spread from one person to another when we are sick and when we don’t appear sick. You can reduce the risk of spreading the virus through the air.

Coughing and Sneezing

Tissue:

1. Cover your mouth and nose when coughing or sneezing with a tissue

2. Throw the tissue away into a trash can

3. Wash your hands with soap and water. If soap and water are not available, use a hand sanitizer that has at least 60% alcohol.

Elbow:

If tissue is not available then cough or sneeze into your elbow, but never your hands.

Cloth Face Cover:

Do...

• Wear a face cover in public
• Learn how to make, wear, and clean your face cover (see resource below)

Do NOT...

• Put a mask on a child under the age of 2 or a person with difficulty breathing
• Use a facemask meant for health care workers

It’s important to try to avoid touching our eyes, mouth, and nose as that is how we can spread germs and can get sick.

Please refer to your local, city, and county government requirements about caregivers and children wearing face coverings.

Resources:

• Center for Disease Control (CDC): CDC-TV Cover Your Coughs and Sneezes- Kids [https://www.cdc.gov/cdctv/diseaseandconditions/influenza/cover-coughs-kids.html](https://www.cdc.gov/cdctv/diseaseandconditions/influenza/cover-coughs-kids.html)


References:


• Center for Disease Control (CDC): Water, Sanitation & Environmentally-related Hygiene, Coughing & Sneezing [https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html](https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)
Cover Up and Keep Everyone Healthy!

Covering Your Cough and Sneeze

**Tissue:**

1. Cover your mouth and nose with a tissue

2. Throw the tissue into a trash can

**No Tissue:**

1. Cough or sneeze into your elbow