

# 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>
- Center for Disease Control (CDC): Coronavirus Disease 2019 (COVID-19), Use of Cloth Face Coverings to Help Slow the Spread of COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

### References:

- Center for Disease Control (CDC): Coronavirus Disease 2019 (COVID-19), How to Protect Yourself & Others <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- 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