



Click on icons above to download apps to stay connected with children, youth, and families.

COMMUNICATE WITH YOUR FAMILY ABOUT THE CORONAVIRUS & EXPLAIN WHY PHYSICAL DISTANCING IS HAPPENING. REASSURE FAMILY THIS IS ONLY TEMPORARY.

Talk with your children and youth and explain why this is happening and why they should maintain good healthy hygiene habits. Use age appropriate language and be consistent with how and when you communicate. Use fun & creative activities to help occupy their time while their home. It's also important to communicate the importance of keeping a schedule, eating, drinking water, and exercising regularly. Reach out to your older family members or your family members with chronic health conditions and offer to assist them or offer to call assistance for them. A simple check in with family members is a good idea during this time, but still practice physical distancing. Here is two websites to help your family stay active together <https://www.activekids.com/> and <https://www.lesmills.com/us/workouts/all/>.

HELP SLOW THE SPREAD OF THE COVID-19 & MAXIMIZE THE CHANCES OF STAYING HEALTHY

SIMPLE THINGS YOU & YOUR FAMILY CAN DO TO PREVENT INFECTION



STAY HOME- Avoid any non-essential travel. Avoid social gathering of more than 5 people.

PRACTICE PHYSICAL DISTANCING- Stay at least 6 feet distance from those outside your home (about two arms lengths). This extends to waiting in line at the grocery store, going on walks and picking up food to go. Avoid people who are sick.



1. Warm water 2. Add soap 3. Scrub 20sec



CLEAN HANDS REGULARLY with an alcohol-based sanitizer or wash them with soap & water for at least 20 seconds. The [American Red Cross](#) also advises against touching the mouth, nose, or eyes when out and about, before having a chance to wash your hands.



CLEAN & DISINFECT surfaces regularly with disinfectant.

What if you have flu-like symptoms?

- ✓ If you feel unwell and develop a fever, dry cough and/or shortness of breath, stay home and report COVID-19 symptoms telephonically to **1-855-600-3453** (It is recommended that you call this number before going to an urgent care, emergency room or doctor.)
- ✓ If you're sick: stay home. Eat and sleep separately from other family members in your home.
- ✓ Get more helpful information at [COVID-19 Information - CDC](#).



Feeling worried, fearful & stressed are all normal & understandable feelings during this time & people typically bounce back after the difficult times. Taking care of your mental health, physical health & the needs of your loved can be simple. You can do this with the support of your family & use of community resources.

It's normal to fear about getting sick or running out of essential supplies. It's ok to be sad or anxious because you are separated from your loved ones. It's responsible to be concerned for your physical safety & safety for others. It's expected for you to worry about the temporary loss of a job or income.

Here are a few tips to help you:

Practice healthy family eating habits, drink water, & get enough sleep. Stay properly informed at [COVID-19 Information - NMDOH](#).

Be prepared, but do not panic buy. Only buy supplies you need to ensure there are enough for others in the community.

Enhance social connections with your children, youth & families through telephonic devices, video conferencing and apps. (See links above to the left.)

Reach out for financial assistance when needed. There are many resources available in this time of need. Here is [a list of New Mexico shelters](#). Here is [a list of New Mexico food banks](#).

If it applies to you, maintain your religious or spiritual practices at home to provide you comfort and strength.

Unless you are showing signs of illness or have tested positive for COVID-19, going outside to exercise and walk pets is okay. Daily indoor exercise is a must.

Stressing can reduce your immune system's ability to fight off antigens, making you more susceptible to infections. It's important to focus on staying positive & practicing self-care. **Reach out for support when needed!**
Be kind, caring & support others!