



# Wanna be a Health Hero?

It's important to stay extra healthy during this COVID-19 outbreak. We're challenging you to be a health hero by taking these steps:



Stay at home to slow the spread.

*If you must leave home, when you return home, change your clothes, and wash your hands to help everyone stay healthy.*



Wash your hands for 20 seconds.

*Try singing "Happy Birthday!" twice slowly. Wash your hands frequently to help keep yourself from getting sick.*



Keep your hands away from your face.

*Do your best to not touch your face or rub your eyes. Make sure to cough and sneeze into your elbows.*



Remember to take all your normal medicines.

*Pharmacies may be busy or have reduced hours, so remember to keep an extra four weeks of medicine on hand.*



Be more careful than normal when playing at home.

*Hospitals will be crowded taking care of sick people. You'll want to avoid unnecessary trips to the doctor or hospital.*



Learn something new with your family.

*Try new activities like cooking, writing, reading, telling stories, drawing/painting, stretching/yoga, or dance parties.*



Follow a daily schedule to stay busy and engaged.

*Make a plan with your family for your days at home. Make sure to include family time together and also quiet time for yourself.*



Keep more space between yourself and others.

*Stay at least 6 feet apart from people that don't live in your house. That's the width of a couch. This is called social distancing.*



Talk it out. Have a positive attitude!

*It is okay to feel sad, worried, angry, or even happy about the changes right now. Share your feelings with friends and family.*

# Wanna be a Health Hero? continued...

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## Why is COVID-19 different from the Flu?

Unlike the flu, COVID-19 is a new type of sickness and we don't know very much about it. It can give us a cough, sore throat, body aches, or a fever. The flu can also make us feel those ways, but COVID-19 is different because it's a new virus. It can be very dangerous, especially for older people and people with other health problems. COVID-19 spreads more easily than the flu, making people sick faster. You can get flu shot to help protect you from the flu, but we don't have a shot yet to help protect you from COVID-19. Your doctors and healthcare teams are learning as much as they can about it. Many people are working hard to stop, treat, and cure the virus.



## How do people get COVID-19?

We know that coughs, sneezes, and close contact with sick people can spread COVID-19. Being near a sick person, even if they don't look or feel sick yet, or touching something that a sick person has touched can spread the virus. We can fight both the flu and COVID-19 in similar ways. We can wash our hands, not touch our faces, stay home and practice social distancing to help slow down the spread of people getting sick.



## What is social distancing?

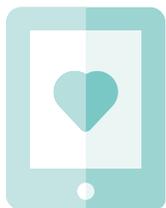
We aren't going out as much so we can help keep our family, friends, teachers, care team, and community safe. You might need to stay away from grandparents and older or already sick people, to help protect them from getting very sick.



## What is telehealth?

Just like video chats or calls with family and friends, you can meet with your doctor online or by phone. It's a great way to stay connected and keep your scheduled appointments without the risk of spreading sickness.

Your care team is always here for you. Call us anytime you have questions or things you want to talk about.



## Have fun at home!

- Video chat family and friends to ask how they're doing. Tell them about your new routines and activities, and share stories about your day.
- Write letters to people living in nursing homes. Draw pictures and write stories or messages to brighten their days!
- Use online resources to learn new skills, craft, exercise, read new books, or visit places virtually.