

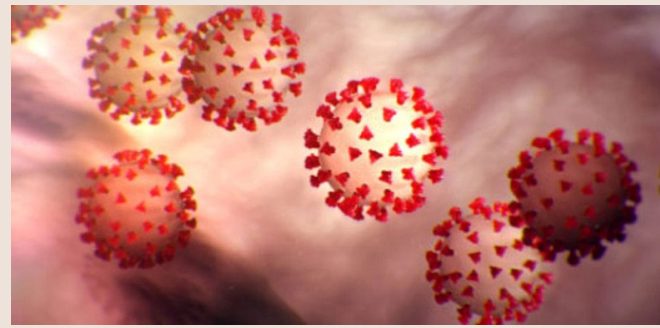
Staying Healthy

A Guide for Strides Students
to Understand COVID-19

A dark blue diagonal graphic that starts from the bottom left corner and extends towards the top right corner, creating a triangular shape on the right side of the page.

What is COVID - 19 ?

- COVID-19 is a new virus that makes people sick
- It can cause symptoms such as fever, coughing, headache, and trouble breathing
- Some people may not show any symptoms, but others could become very sick



How Does COVID - 19 Spread?

COVID-19 Can Spread From Person-to-Person

- Respiratory droplets can spread the virus when an infected person coughs, sneezes, or talks
- Droplets can land in the nose or mouth of another person in close contact



COVID-19 Can Possibly Spread by Touching Surfaces

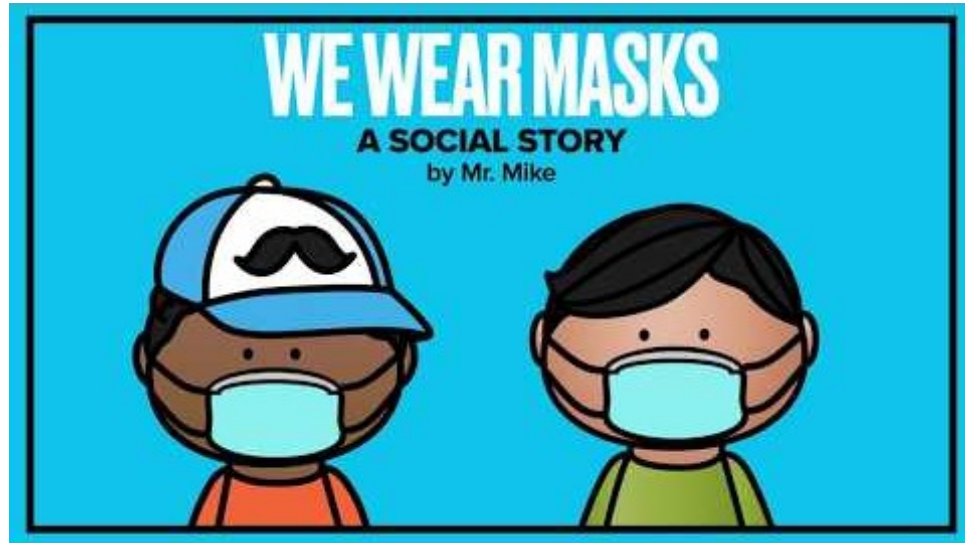
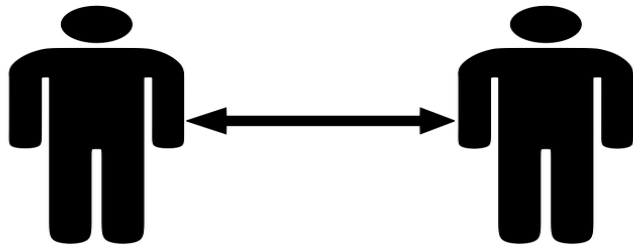
How Can I Stay Healthy?

- Wash Your Hands
- Cough or Sneeze into your Elbow or Tissue
- Avoid Touching your Face
- Don't Share Food or Drinks
- Avoid Crowded Places



What If I Need To Go Out?

- Wear a Mask that Covers your Nose and Mouth
- Maintain 6 feet between other people



Staying Healthy in the Community

- Wear a Mask that Covers your Nose and Mouth
- Maintain 6 feet between other people
- Avoid Touching Your Face
- Wash Your Hands Often



What Do All the New Signs Mean?

These signs remind us to practice social distancing and stay 6 feet apart.

You might see these new signs at school and in your community.



We can all help each
other stay healthy.
This will not last
forever.

Just Remember....

- Wear a mask when you go out
- Stay 6 ft apart from others
- Cover your cough or sneeze
- Do not touch your face
- Wash your hands often
- Stay home if you are sick

[Stop the Spread of Germs \(COVID19\)](#)



References

Centers for Disease Control and Prevention

- <https://www.cdc.gov/>

YouTube

- <https://www.youtube.com/watch?v=ZvLFz1KSYMA>
- <https://www.youtube.com/watch?v=V7YI-BesvDw>
- https://www.youtube.com/watch?v=lnP-uMn6q_U
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