WASH YOUR HANDS FREQUENTLY

MAINTAIN PHYSICAL DISTANCING

AVOID TOUCHING EYES, NOSE AND MOUTH

IF YOU FEEL UNWELL, STAY AT HOME OR SEEK MEDICAL CARE EARLY
How to use a mask?

Source: World Health Organization

1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.

2. **Avoid touching the mask.** If you do, clean your hands with alcohol-based hand rub or soap and water.

3. **Dispose and replace** re-usable masks, or **wash and disinfect** your re-usable mask.
Did you know masks don’t prevent Covid?

Not true! Masks decrease the risk of getting covid by 65%.

Washing your hands doesn’t help prevent the virus.

Not true! Washing your hands prevents you from getting sick and helps stop the spread of the virus.

The vaccine is dangerous!

Not True! The covid vaccine is 95% effective in preventing severe covid cases. The vaccine is the only way we will return to normal!

https://www.yalemedicine.org/news/covid-19-vaccine-comparison
https://www.cdc.gov/handwashing/why-handwashing.html
UPDATE:

COVID-19 Vaccines are now available for AZ residents aged 16 and older! Wanna set up an online appointment?

| NO, I'M NOT 16 YET :( | YES, SET UP MY APPOINTMENT! |

VISIT PODVACCINE.AZDHS.GOV FOR MORE INFORMATION
STOP THE SPREAD OF COVID-19

WHAT YOU CAN DO

- Wash your hands frequently
- Wear a mask at all times
- Face shields required in certain areas
- Observe social distancing

www.reallygreatsite.com
COVID-19 VACCINE
NOW AVAILABLE FOR AZ RESIDENTS 16 AND OLDER

VISIT PODVACCINE.AZDHS.GOV TO SET UP AN APPOINTMENT
The Boat is Sinking
Make sure to follow their lead!

COVID-19
Edition

Works Cited:
The Boat is Sinking
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COVID-19 Edition

Works Cited:
The Boat is Sinking. . .

William says Wash.

- Wash your hands often with soap for at least 20 seconds.
- Use hand sanitizers with 60% alcohol if handwashing stations are not available.

2x Row Row Row Your Boat Song
= 20 seconds

CDC: "Wash your hands often."
The Boat is Sinking... Dianne says Distance.

- Stay 6 feet apart from other people in public.
- Maintain a safe distance with people who are sick in your home.

CDC: "Avoid close contact."

Maintain a safe distance.
The Boat is Sinking... Matthew says Mask Up.

- Wear a mask and *wear it properly*.  
  - The mask should cover the following:

  ![Mouth](Mouth.png)  
  ![Chin](Chin.png)  
  ![Nose](Nose.png)

- **Follow all other guidelines**— washing hands and social distancing— while wearing a mask.

*CDC*: "Cover your mouth and nose with a mask when around others."
The Boat is Sinking... Sharon says Shield Yourself.

- Cover your mouth with a **mask**, **handkerchief**, or **tissue** when coughing or sneezing.
- Afterwards, **clean your hands** with a sanitizer or soap and water.

**CDC**: "Cover coughs and sneezes."
The Boat is Sinking... Chris says Clean.

- Use detergent or soap water to clean high-touch surfaces.
  - The following are examples of frequently touched surfaces:
    - Tables
    - Door Knobs
    - Phones

**CDC:** "Clean and disinfect."
The Boat is Sinking...  
Tiana says Take Care.

- **Check your health** from time to time.
  - Some symptoms for COVID-19 include:
    - Coughing
    - Shortness of breath
    - Fever

- If you develop symptoms, **monitor your temperature** and seek medical care.

*CDC: "Monitor Your Health Daily."*