CORONAVIRUS (COVID-19)

WHAT TO KNOW

SYMPTOMS
- Dry cough
- 100.4° Fever
- Trouble breathing

AFFECTS EVERYONE
- Highly contagious
- Affects ALL AGES and RACES

MOST AT RISK!
- elderly
- pregnant women
- those with chronic conditions

YOU CAN STILL TRANSMIT COVID-19 EVEN IF YOU HAVE NO SYMPTOMS!

HOW IT SPREADS
- TOUCHING
- SNEEZING
- COUGHING
- SHARING UTENSILS
- DIRTY SURFACES

STOP THE SPREAD
- STAY HOME
- AVOID GROUPS OF PEOPLE
- KEEP 6FT AWAY FROM OTHERS
- WASH HANDS FOR 20 SECONDS
- CLEAN SURFACES OFTEN

I FEEL SICK
- CALL your doctor
- FOLLOW doctor’s instructions on testing and self-quarantine
- If you don’t have a doctor or have a general question, CALL
  City Health Dept: 314-657-1499
  Hours: 7 days a week, 8am–10pm
  County Health Dept: 314-615-2660
  Hours: 24 hours a day, 7 days a week

Hospitals are needed to serve THE MOST SICK PEOPLE during this time.
Remember to talk with your doctor BEFORE going to the ER!
HOW TO GET HELP

NEED HELP WITH FOOD, CHILDCARE, UTILITY BILLS AND OTHER SERVICES?

CALL 2-1-1 OR VISIT 211HELPS.ORG

STRESS AND COPING

GET ACTIVE

LIMIT NEWS/SOCIAL MEDIA

DO AN ACTIVITY YOU ENJOY AT HOME

CLEAR YOUR MIND

GET SOME FRESH AIR

GET AT LEAST 7 HOURS OF SLEEP

CONNECT WITH OTHERS

FACETIME, WHAT’S APP, DUO

PARENTS:

• Talk with your kids about what’s going on
• Create a daily routine
• Be a role model

IF YOU’RE NOT FEELING LIKE YOURSELF, CALL 2-1-1.

DID YOU KNOW?

• Ameren and Spire have stopped disconnections and late fees
• No evictions or foreclosures until further notice
• Income tax filing deadline extended to July 15

• Spectrum may offer students free internet
• Federal zero interest small business loans available
• Schnucks, Aldi, Walmart, Dierbergs and Amazon are hiring!

FOR MORE INFO, VISIT PREPARESTL.COM

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Prepared in partnership with:

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