Cover your Cough

Stop the spread of germs that can make you and others sick!

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.

You may be asked to put on a facemask to protect others.

Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.

If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

For more information: cv.nmhealth.org
Ayude a prevenir la propagación de virus respiratorios como el nuevo COVID-19.

- Evite el contacto cercano con las personas enfermas.
- Evite tocar sus ojos, nariz y boca.
- Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelo a la basura.
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.
- Limpie y desinfecte los objetos y las superficies con frecuencia.
- Quédese en casa si está enfermo, excepto para buscar atención médica.
- Evite el contacto cercano con las personas enfermas.

Para obtener más información: cv.nmhealth.org
A Comic Just for Kids
CORONAVIRUS
Exploring the New

People who are much older or who already have health problems are more likely to get sick with coronavirus.

It's very important to remember that this kind of virus can affect anybody.

If anyone gets sick and feels like they might have coronavirus, they can immediately call their doctors and get help.

Well what's the verdict doc?

You're ok!

WHAT ABOUT DAD AND MOM AND GRANDMA AND GRANDPA AND UNCLE AND AUNTIE!!!

AGHHHH!

There are some things you can do to protect yourself, family and friends from getting sick.

Wash your hands often

1. Use soap and water

2. Wash for at least 20 seconds. If it helps, sing the ABCs while you do it—thats about 20 seconds.

3. Wash after using the bathroom or being in public spaces (like the bus or playground).

4. Cover your sneeze.

5. Cover your cough.

Avoid touching your face

1. Don't pick your nose, don't touch your mouth, don't rub your eyes.

2. These are the places where germs enter our bodies.

3. If you sneeze into your elbows, you can prevent germs from going into the air and onto your hands.

But I love picking my nose!

Yuck!

Geez, you can still do it. Just use a tissue then throw it away.

It is not your job to worry.

There are a lot of heroes.

And don't forget

Please wash your hands

But seriously, though...

It tends to be very mild.

In kids it kids do get the virus. And these are a lot of cases.

It's a word you might have heard.

Most people who have gotten sick
WASH YOUR HANDS FIGHT CORONA VIRUS (COVID-19)

Handwashing is your best protection against the flu, COVID-19, and other diseases.

1. Wet your hands. Then turn off the water.
2. Apply soap.
3. Lather up every nook and cranny.
4. Scrub for two “Happy Birthday!” songs or 20 seconds.
5. Rinse your hands.
6. Dry with air or paper towel. Close tap with towel.

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