



What Am I Supposed to Do?



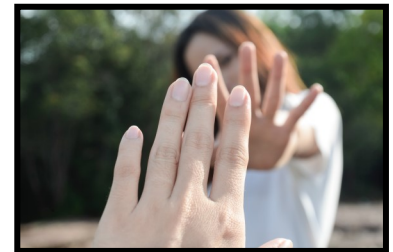
Stay at Home

Keep yourself busy with things like a craft, watching t.v. or reading a book.



Wash Your Hands

Use soap and water and wash long enough to sing "Happy Birthday" twice.



Don't Go Near Others

Both of you reach your arms out. If you don't touch, you are as close as you should get.



Don't Feel Alone

If you are by yourself make sure to phone someone to keep in touch.



Don't Share Dishes and Food

Use only your own dishes and forks, knives, spoons and food.



Clean

If you share a house, clean surfaces with soap and water or cleaner wipes at least once a day.

Are you scared or anxious right now?

-Talk to your caregiver or family.

-Or call