Information about the Coronavirus (COVID-19) for Teens and Adults
I might hear about the virus from the tv, internet, family, or friends. It is a new virus that makes people sick. It is called the Coronavirus or COVID-19.
The Coronavirus has symptoms like the flu. People can get a fever, cough, or have difficulty breathing. Some people may not show symptoms.
Not everyone who is sick, has the Coronavirus. Some people may have a cold or the flu.
The Coronavirus is contagious. The virus can live on surfaces or be transmitted through contact from people that already have the virus. There are things I can do to help keep me safe.
It is very important to wash my hands. I can sing “Happy Birthday” twice or count out loud for 20 seconds.
I need to remember to cover my mouth when I cough or sneeze and then wash my hands right after. If I cannot wash my hands at a sink, I can use hand sanitizer.
I will try not to touch my eyes, nose, or mouth. This will help me not get sick.
I can also practice Social Distancing. This means my family or I can limit how many people are around me and how close I will get to another person. This will help slow down the spread of the virus.
If I see someone and I want to greet them I can wave my hand or say hello. I will try not to shake hands or touch the other person.
I can practice staying about 6 feet away from people.
To help people stay healthy and safe, schools, programs, groups, and job sites may be closed for a while.
Additional places that I like to go may be closed. Places like restaurants, movie theaters, parks, museums, sports events and other places. All of these places are closed to help prevent the spread of the virus.
This means I will be spending a lot of time at home. My family and I will think of fun ways to spend our time. We can play games, read, watch movies, be active, do things around the house.
All these changes may be overwhelming but I can practice staying calm by talking with my family or friends, doing my favorite activities, listening to music or drawing, taking deep breaths, and taking a break.
It may help to limit how much media and news I hear and read about the virus. If I have any questions, I can ask my family. My family will help me know what is going on.
If I start to get sick, I need to tell an adult in my family right away. They will know what to do.
Following these safety guidelines will help reduce the number of people who will get the Coronavirus.
Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT 1** Diseases can make anyone sick regardless of their race or ethnicity.
- People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

**FACT 2** Some people are at increased risk of getting COVID-19.
- People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

**FACT 3** Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.
- For up-to-date information, visit CDC’s coronavirus disease 2019 website.

**FACT 4** You can help stop COVID-19 by knowing the signs and symptoms:
- Fever
- Cough
- Shortness of breath
- Seek medical advice if you develop symptoms
  - Have been in close contact with a person known to have COVID-19 or
  - Live in or have recently been in an area with ongoing spread of COVID-19

**FACT 5** There are simple things you can do to help keep yourself and others healthy.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For more information: www.cdc.gov/COVID19

STOP THE SPREAD OF GERMS

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.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- 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: www.cdc.gov/COVID19
Stop Germs! Wash Your Hands.

When?
- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How?
- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse hands well under clean, running water.
- Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

www.cdc.gov/handwashing

¡Detenga los microbios! Lávese las manos

¿Cuándo?
- Después de ir al baño.
- Antes, durante y después de preparar alimentos.
- Antes de comer.
- Antes y después de cuidar a alguien que tenga vómitos o diarrea.
- Antes y después de tratar cortaduras o heridas.
- Después de cambiarle los pañales a un niño o limpiarlo después de que haya ido al baño.
- Después de sonarse la nariz, toser o estornudar.
- Después de tocar animales, sus alimentos o sus excrementos.
- Después de manipular alimentos o golosinas para mascotas.
- Después de tocar la basura.

¿Cómo?
- Mójese las manos con agua corriente limpia (tibia o fría), cierre el grifo y enjuáguese las manos.
- Frótese las manos con el jabón hasta que haga espuma. Asegúrese de frótese la espuma por el dorso de las manos, entre los dedos y debajo de las uñas.
- Restriéguese las manos durante al menos 20 segundos. ¿Necesita algo para medir el tiempo? Tararee dos veces la canción de "Feliz cumpleaños" a principio y fin.
- Enjuáguese bien las manos con agua corriente limpia.

Mantener las manos limpias es una de las cosas más importantes que podemos hacer para detener la propagación de microbios y mantenernos sanos.

www.cdc.gov/lavadodemanos