

Tips to Help Youth Prevent the SPREAD of COVID 19

- Wash your hands often with soap and water for 20 sec. (sing the birthday song :)
- Always wash your hands after you have been in a public place (such as a store or a park), or after blowing your nose, coughing, or sneezing. Throw used tissues in the trash and immediately wash your hands.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Don't touch your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick, even inside your home.
- Stay at least 6 feet from others. This is about two arms' length.
- Do not gather in groups. Stay out of crowded places and avoid mass gatherings. This includes at a friend's house, parks, restaurants, shops, or any other place.
- Cover your mouth and nose with a cloth face covering. The cloth face cover is meant to protect other people in case you are infected. You could spread COVID-19 to others even if you do not feel sick.
- Even while wearing a face cloth, practice social distancing of keeping 6 feet between yourself and others. The facemask is not a substitute for social distancing.

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