



## 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**