PREPARE STL
CORONAVIRUS (COVID-19)

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!

NEED HELP WITH FOOD, CHILD CARE, UTILITY BILLS AND OTHER SERVICES?

CALL 2-1-1 OR VISIT 211HELPS.ORG

NOT FEELING LIKE YOURSELF?

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

PARENTS: Talk with your kids about what’s going on | Create a daily routine | Be a role model

FOR MORE INFO, VISIT PREPARESTL.COM

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