

# Reduce the Spread



## **Stay home if you have symptoms of COVID-19.**

Have sick family members use a separate room and bathroom in your home, if possible, to reduce the spread of germs.



## **Continue practicing preventive actions.**

This includes washing your hands with soap and water frequently for at least 20 seconds; cleaning frequently touched surfaces daily, covering your coughs and sneezes with a tissue, and avoiding touching your face.



## **Notify the employer and/or school of changes in schedule.**

If your child gets sick, talk with teachers about classroom assignments that can be done from home to keep up with schoolwork. Ask your employer to work from home or take leave if you or someone in your household gets sick or your child's school or daycare is temporarily dismissed.



## **Avoid gathering in public places.**

When schools or employers are temporarily dismissed, avoid gathering in groups in public places. This will help slow the spread of COVID-19 in the community.



## **Stay in touch with others by phone or email.**

If you live alone and become sick, you may need help. Stay in touch with family, friends and healthcare providers by phone or telemedicine if possible. Check on those with chronic medical conditions periodically.



## **Stay up-to-date on the latest COVID-19 information.**

Check KDHE's website, [www.kdheks.gov](http://www.kdheks.gov), to stay up to date on the latest COVID-19 information. You can also check the websites and social media pages of your local health department. The CDC website also has resources: [www.cdc.gov](http://www.cdc.gov). Check with employers and schools periodically about potential closings or changes in attendance policies.



## **Take care of your family's emotional health.**

Outbreaks can be stressful for adults and children. Children respond differently to stressful situations than adults. Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe.