**PREPARE STL**

**CORONAVIRUS (COVID-19)**

**WHAT TO KNOW**

**SYMPTOMS**
- Dry cough
- 100.4°F 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