

SHARE FACTS, NOT FEAR

Planning and Preparing Families for COVID-19

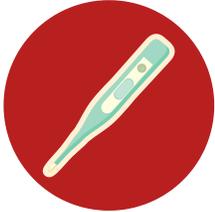


HEALTH Department

updated March 12, 2020

On March 11, 2020, the Michigan Department of Health and Human Services (MDHHS) released interim recommendations for community mitigation strategies for COVID-19. This document is to help families, parents, and children plan and prepare for COVID-19 community spread. If you have specific questions, call the Allegan County Health Department at (269)-673-5411.

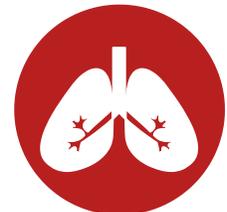
KNOW THE SYMPTOMS OF COVID-19



Fever



Dry Cough



Shortness of Breath

PRACTICE & REINFORCE GOOD PREVENTION HABITS WITH YOUR FAMILY

COVID-19 has made a lot of people sick. Scientists and doctors think that most people will be ok, especially kids, but some people might get pretty sick. Everyone should continue to take the following basic personal-hygiene measures to prevent the spread of the virus.

WHAT CAN I DO SO THAT I DON'T GET COVID-19?

- **Wash your hands** often with soap and water or use hand sanitizer
- **Avoid** touching your eyes, nose, and mouth with unwashed hands
 - This keeps the germs out of your body!
- **Cover** your mouth and nose with a tissue when coughing or sneezing
- **Avoid** handshakes
- **Avoid** contact with sick people who are sick
- **Stay home when you are sick**
 - Just like you don't want to get other people's germs in your body, other people don't want to get your germs either.



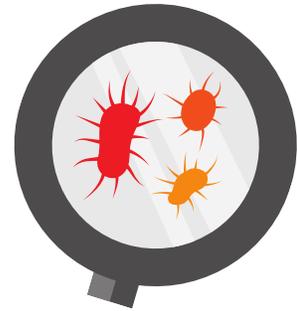
KEEP THINGS CLEAN!



Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

WHAT HAPPENS IF YOU GET SICK WITH COVID-19?

- **COVID-19 can look different in different people.**
 - For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough, or have a hard time taking deep breaths.
 - **Most people who have gotten COVID-19 have not gotten very sick.** Only a small group of people who get it have had more serious problems.
 - From what doctors have seen so far, most children don't seem to get very sick.
 - While a lot of adults get sick, most adults get better.
- If you do get sick, it doesn't mean you have COVID-19. People can get sick from all kinds of germs. Call your healthcare provider or tele-health insurance option for guidance and before visiting the office.



RESOURCES

- [CDC/COVID-19](#)
- [MDHHS](#)



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