**PREPARE STL**

**CORONAVIRUS (COVID-19)**

**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!
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**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**

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