**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

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**YOU CAN STILL TRANSMIT COVID-19 EVEN IF YOU HAVE NO SYMPTOMS!**

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**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

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**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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**NEED HELP WITH FOOD, CHILDcare, UTILITY BILLS AND OTHER SERVICES?**

**NOT FEELING LIKE YOURSELF?**

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

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**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 AP, DUO

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

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**FOR MORE INFO, VISIT PREPARESTL.COM**