Coronavirus Staying Healthy

1. Wash hands with soap and water, or use sanitizer (if soap and water are not available), especially after visiting the bathroom and before eating.

2. Avoid touching your face—especially your eyes, nose and mouth.

3. Stay home for any respiratory illness, and consult your healthcare provider.

Symptoms to Watch For
- Fever
- Lower respiratory illness—coughing, difficulty breathing and pneumonia

If Symptoms Are Present
- If children are at school, they should tell school staff as soon as they don’t feel well.
- Keep children home until symptoms are resolved.

More information is available at www.aft.org/coronavirus