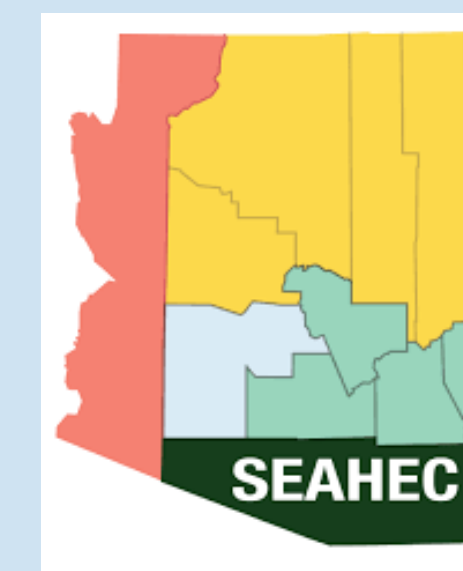




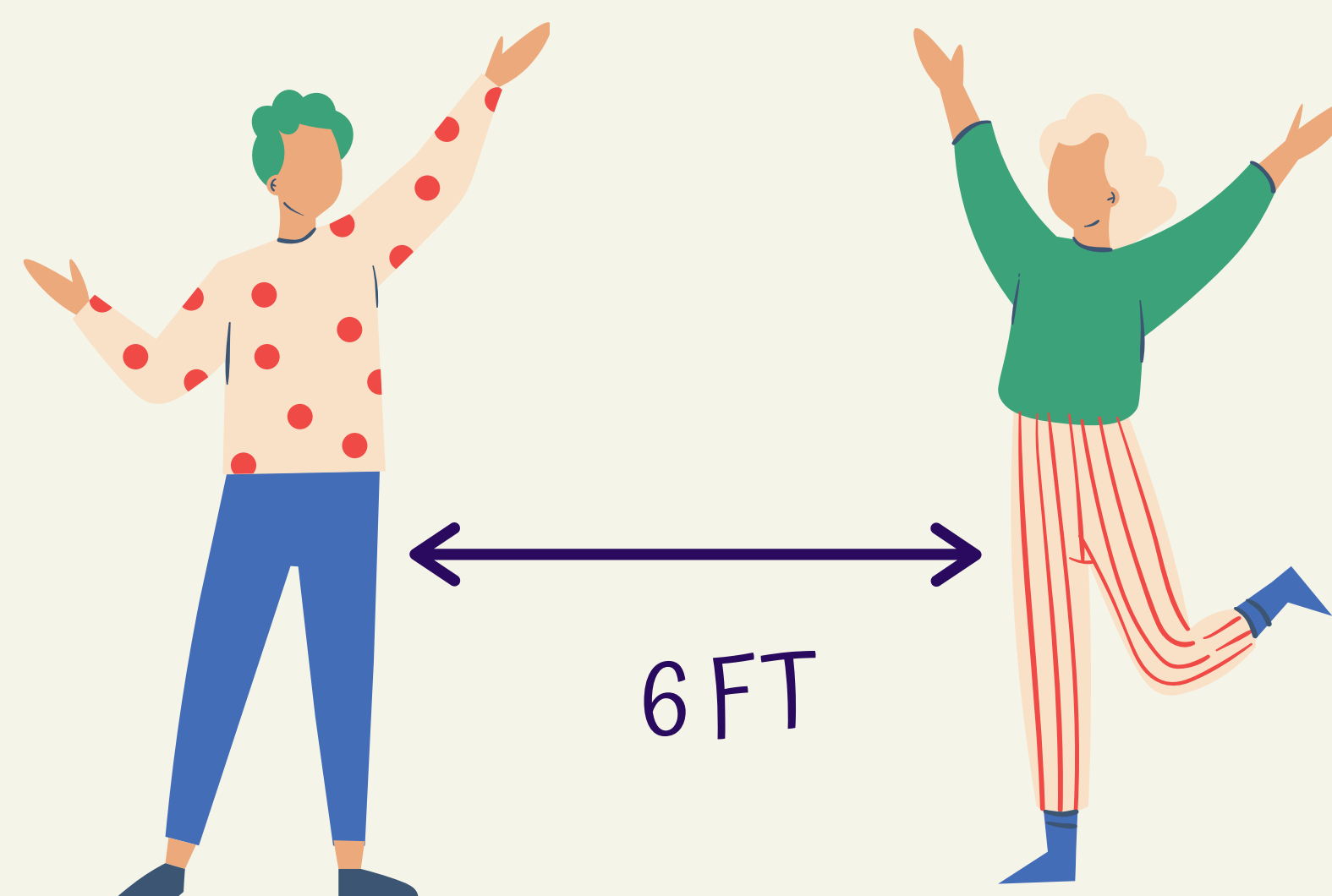
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STOP THE SPREAD

Source: World Health Organization



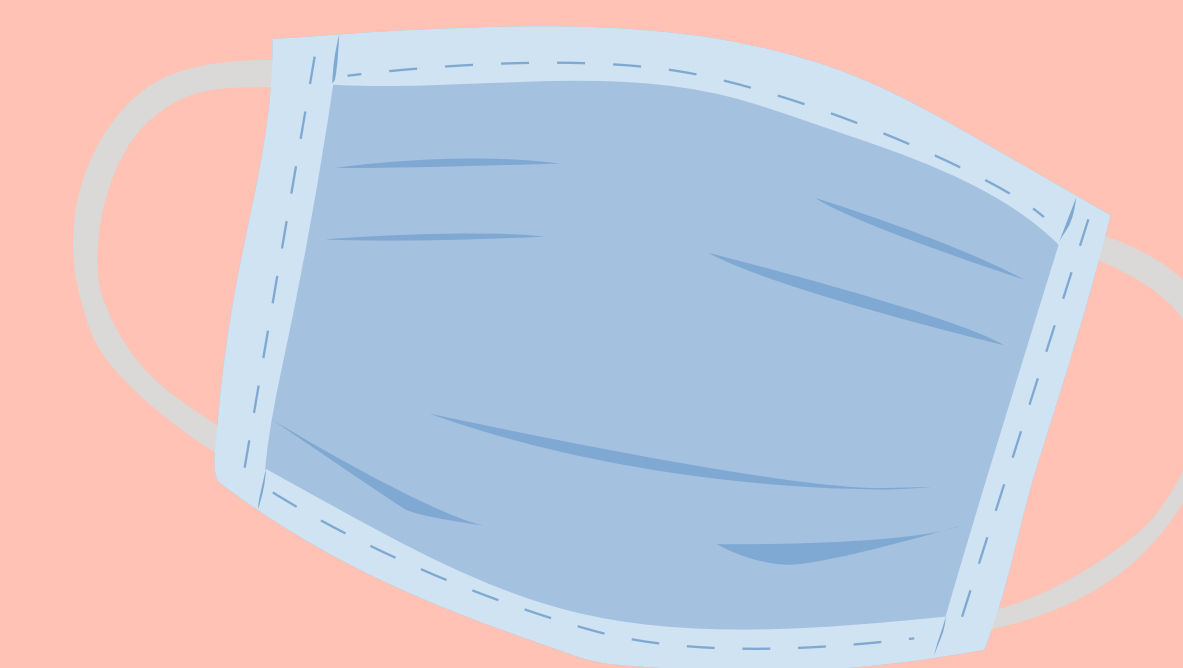
WASH YOUR
HANDS
FREQUENTLY



MAINTAIN
PHYSICAL
DISTANCING



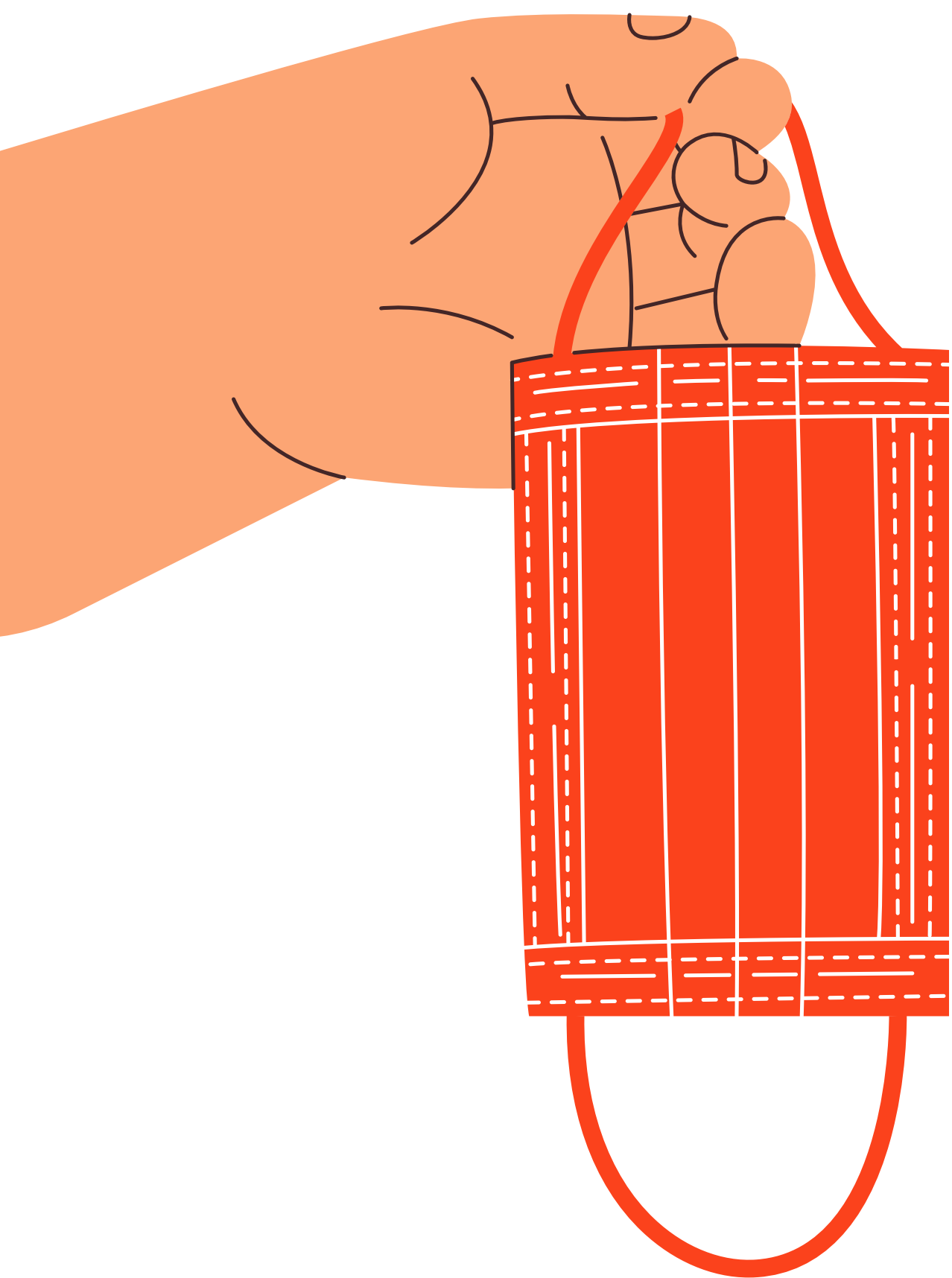
AVOID TOUCHING
EYES, NOSE AND
MOUTH



IF YOU FEEL
UNWELL, STAY AT
HOME OR SEEK
MEDICAL CARE
EARLY

How to use a mask?

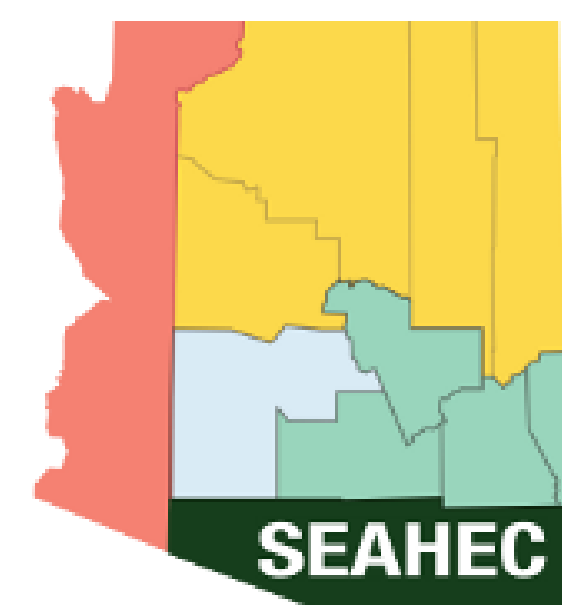
Source: World Health Organization



1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.
2. **Avoid touching the mask.** If you do, clean your hands with alcohol-based hand rub or soap and water.
3. **Dispose and replace** re-usable masks, or **wash and disinfect** your re-usable mask.



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Future
Health
Leaders

COVID

WHAT'S FACT AND WHAT'S FICTION?

Did you know masks don't prevent Covid?



Not true! Masks decrease the risk of getting covid by 65 %.



Washing your hands doesn't help prevent the virus.

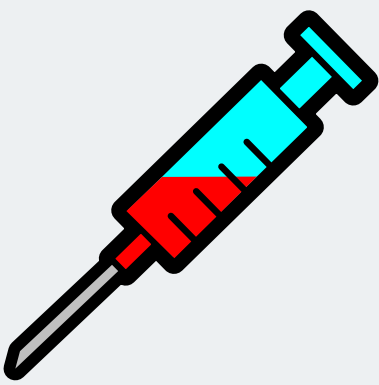


Not true! Washing your hands prevents you from getting sick and helps stop the spread of the virus.



The vaccine is dangerous!

Not True! The covid vaccine is 95% effective in preventing severe covid cases. The vaccine is the only way we will return to normal!



Future Health Leaders



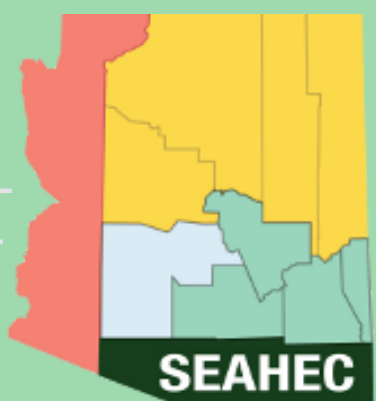
THE UNIVERSITY OF ARIZONA

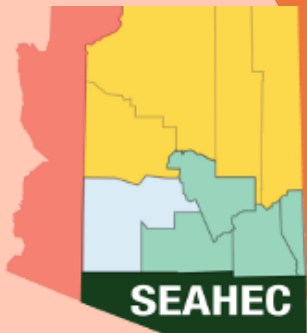
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<https://www.yalemedicine.org/news/covid-19-vaccine-comparison>

<https://health.ucdavis.edu/health-news/newsroom/uc-davis-experts-science-says-wearing-masks-and-social-distancing-slow-covid-19/2020/07>

<https://www.cdc.gov/handwashing/why-handwashing.html>





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UPDATE:

COVID-19 Vaccines are now available for AZ residents aged 16 and older! Wanna set up an online appointment?

NO, I'M NOT 16
YET :(

YES, SET UP MY
APPOINTMENT!

VISIT [PODVACCINE.AZDHS.GOV](https://podvaccine.azdhs.gov) FOR MORE INFORMATION



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STOP THE SPREAD OF COVID-19

WHAT YOU CAN DO

- Wash your hands frequently
- Wear a mask at all times
- Face shields required in certain areas
- Observe social distancing

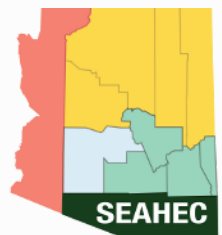


www.reallygreatsite.com

COVID-19 VACCINE

NOW
AVAILABLE FOR
AZ RESIDENTS
16 AND OLDER

VISIT [PODVACCINE.AZDHS.GOV](https://podvaccine.azdhs.gov)
TO SET UP AN APPOINTMENT



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The Boat is Sinking

Make sure to follow their lead!

COVID-19 Edition



Dianne



Tiana



Matthew



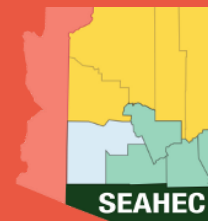
William



Sharon



Chris



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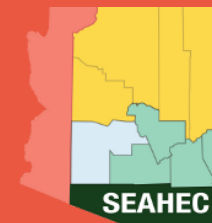
Works Cited:

"How to Protect Yourself & Others." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 31 July 2020, www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html.

The Boat is Sinking

Make sure to follow their lead!

 COVID-19
Edition 



Works Cited:

“How to Protect Yourself & Others.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 31 July 2020, www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html.

Dianne



Tiana



Matthew



William



Sharon



Chris



The Boat is Sinking. . . .

William says Wash.

Wash your hands.



- Wash your hands often **with soap** for at least **20 seconds**.
- Use hand sanitizers with **60% alcohol** if handwashing stations are not available.

2x Row Row Row
Your Boat Song
= 20 seconds



CDC: "Wash your hands often."



The Boat is Sinking...

Dianne says Distance.

Maintain a
safe
distance.



- Stay **6 feet apart** from other people in public.
- Maintain a **safe distance** with people who are sick in your home.



CDC: "Avoid close contact."

The Boat is Sinking. . . .

Matthew says Mask Up.

Wear a mask.



- Wear a mask and **wear it properly.**
 - The mask should cover the following:



Mouth



Chin



Nose

- **Follow all other guidelines**-- washing hands and social distancing-- while wearing a mask.

CDC: "Cover your mouth and nose with a mask when around others."



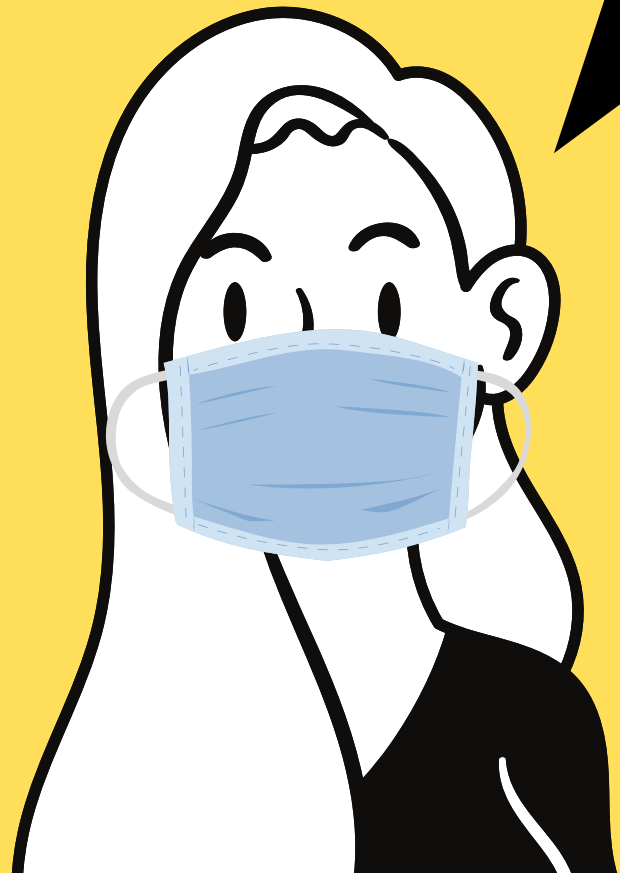
The Boat is Sinking. . . .

Sharon says Shield Yourself.

Shield your coughs and sneezes.



- Cover your mouth with a **mask**, **handkerchief**, or **tissue** when coughing or sneezing.
- Afterwards, **clean your hands** with a sanitizer or soap and water.



No elbow sneezing.



Use a tissue or cloth.

CDC: "Cover coughs and sneezes."

The Boat is Sinking...

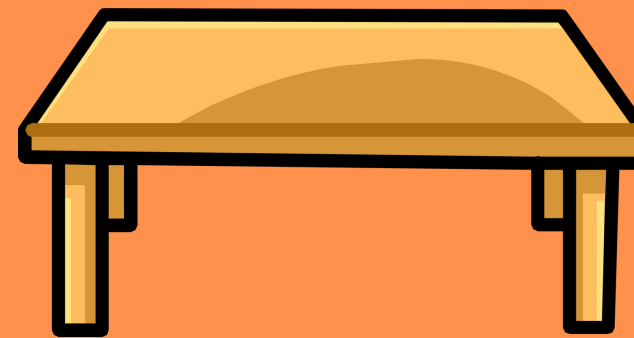
Chris says Clean.

**Clean and
disinfect
surfaces.**



- Use **detergent or soap water** to clean **high-touch surfaces**.

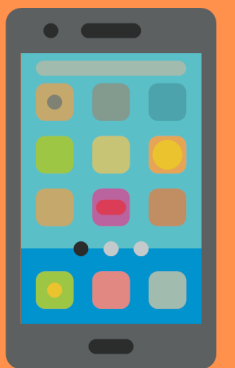
- The following are examples of frequently touched surfaces:



Tables



Door Knobs



Phones

CDC: "Clean and disinfect."

The Boat is Sinking...

Tiana says Take Care.

Watch your health.



- **Check your health** from time to time.
 - Some symptoms for COVID-19 include:



Coughing



Shortness of breath



Fever

- If you develop symptoms, **monitor your temperature and seek medical care.**

CDC: "Monitor Your Health Daily."

