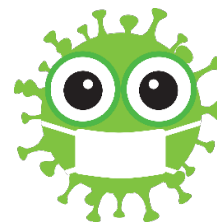


# COVID-19 Guidelines for Youth



Healthy Habits for Staying Safe and Reducing Your Chances of Getting or Spreading COVID-19

## What is COVID-19

- COVID-19 is the short name for “coronavirus disease 2019.” It is a germ, or virus, that gets into your body and makes you sick. It is a new germ. Scientists and doctors are still learning about it.
- This new virus has made a lot of people sick. Scientists and doctors are trying to learn more so they can help people who get sick. They also want to help stop the spread of the virus.
- Doctors and health experts are working hard to help people stay healthy.

## What Can I Do So I don't get Sick with COVID-19?

You can practice healthy habits at home, school, and play to help yourself stay safe. These same healthy habits can help to prevent the spread of COVID-19



## What are the Healthy Habits?

### Wash your hands - often.

- Soap kills germs. So, wash your hands often with soap and water for at least 20 seconds.
- 20 seconds is about the time it takes to sing or hum the Happy Birthday song from beginning to end twice.
- If there is no soap or water, use a hand sanitizer that contains at least 60% alcohol. Cover your hands, including your thumb and between your fingers. Rub your hands together until they feel dry.
- Don't touch your eyes, nose, and mouth with unwashed hands. If the germ is on your hands, it can get into your body through your eyes, nose, or mouth.
- Always wash your hands after you have been in a public place (such as a store or a park).
- When you sneeze or cough, don't use your hands to cover your cough or sneeze. Use a tissue, or cough or sneeze into your elbow. If you have the germ, it can be spread through the air and make other people sick. If there are people nearby, look down or away from them when you cough or sneeze.
- Always wash your hands after blowing your nose, coughing, or sneezing. Toss used tissues in the trash and immediately wash your hands or use a hand sanitizer.



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[aces.nmsu.edu/covid19](https://aces.nmsu.edu/covid19)

## What are the Healthy Habits? (cont.)

### Keep a safe distance of at least 6 feet from others.

- Six feet is about two arms' length.
- The distance between you and others can help you from getting the virus. You might not know if others are sick. When you stand too close, you could get the virus.
- Avoid close contact with people who are sick. This includes sick people who are inside your home.
- Do not gather in groups. Stay out of crowded places and avoid large gatherings. This includes when you are at a friend's house, parks, restaurants, shops, or any other place.



### Cover your mouth and nose with a cloth face covering, or face mask.

- Always wear a face cover when you are around people. You do not have to wear a face mask when you are at home, or when you are with people who live with you.
- The cloth face cover is meant to protect other people in case you have the germ. Some people can carry the germ and not get sick. The face mask helps to stop the spread of COVID-19 to others even if you do not feel sick.
- Even when wearing a face mask, keep the safe distance of 6 feet between yourself and others.
- Encourage your family and friends to wear a face cover when they leave your house.



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## Resources

<https://aces.nmsu.edu/covid19>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

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