

Protecting Your Family from Coronavirus (COVID-19)

Arkansas Children's hospitals and clinics are screening all patients and visitors who meet current screening criteria.

Coronavirus Disease 2019 is a viral illness that can be transmitted by



SYMPTOMS OF COVID-19:



Fever



**Respiratory symptoms:
cough & shortness
of breath**



**Symptoms may
be mild to severe**

The most effective way to prevent respiratory illnesses such as COVID-19 is to practice everyday preventative actions:

- Avoid close contact with people who are sick.
- Avoid touching your face – eyes, nose, and mouth – with unwashed hands. Teach kids to do the same.
- Practice good hand hygiene. Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. Teach kids to practice good hand hygiene too.

If you are sick, help keep others healthy by:

- Staying home.
- Covering coughs and sneezes with a tissue, then throw the tissue in the trash immediately.
- Cleaning and disinfecting objects and surfaces you touch often.
- If you need to go to the doctor and think you may have come in contact with COVID-19, call ahead and let them know.

MORE INFORMATION ON THE CORONAVIRSE DISEASE 2019:

Centers for Disease Control
www.cdc.gov/COVID19

American Academy of Pediatrics

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>