

Shippensburg Head Start & Pre-K Counts Program

COVID-19 HANDBOOK



WHAT IS "COVID-19"?

- Covid-19 is a respiratory disease which is easily spread from person to person.
- Covid-19 is an abbreviation of "coronavirus disease 2019".
- Symptoms may appear 2-14 days after exposure to the virus.
- Symptoms of Covid-19 include:
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever
 - Chills
 - Sore Throat
 - Muscle Pain
 - Diarrhea

Some have
**NO SYMPTOMS
AT ALL!**



TEACH YOUR CHILD ABOUT

COVID-19:

Print this FREE e-book for your little ones. This book explains what Covid-19 is, why they should not be afraid, and tips on how to stay safe during this pandemic.

<file:///home/chronos/u-d1e6e8c9ca608023ef1b6a636664453e2a02f398/MyFiles/Downloads/Covid-19%20Kids%20Book.pdf>



How to Protect Yourself and Your Family:

Wear a mask covering your nose and mouth.

Wash your hands properly.

Disinfect anything you touch without gloves.

Know Your Risk:

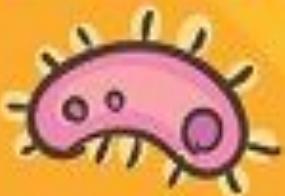
Everyone is at risk for getting Covid-19, but older adults and people with serious underlying health conditions are more at risk for severe illness.



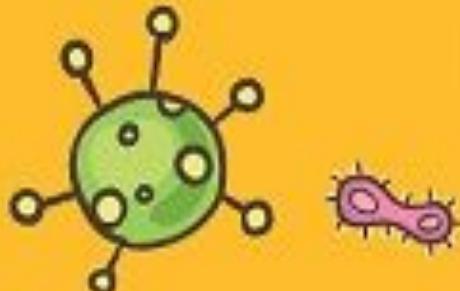
Practice Social Distancing:

- Avoid in-person contact as much as possible.
- Stay home and self-quarantine.
- If you have to go to the grocery store, pharmacy, or the doctor, stay at least 6 feet away from others.

COVER YOUR COUGH AND SNEEZE



Stop the spread of germs that make people sick



When you cough or sneeze
cover your nose and mouth
with a tissue



or

Cough or sneeze into your
elbow, not your hands.



Throw away your tissue!

Clean your hands after
coughing or sneezing.



Thanks!



Building a
Better Health
Service

Serious Skills
Nico Fearn
& Forbairn



RESIST

5 TIPS FOR QUARANTINE

Connect with Family and Friends!

How is this possible when we are under quarantine? Get creative! Use Facetime, Zoom, and Google Hangouts to connect with people from around the globe. Reach out to others and make sure everyone is staying safe during the pandemic.

Connect with Your Culture!

Take the time to read and learn more about who you are. Teach your child about their culture as well and help them embrace this aspect of themselves and love themselves for it.

Appreciate More "Family Time"!

There are so many things we can do inside! Indoor adventures with laundry baskets and Disney's virtual roller coaster rides. Use your imagination and the adventures are endless!

Take Advantage of More "Me Time"!

This is a stressful time, but don't let it wear you out. Learn a new craft and invest in yourself for once. You always say there isn't enough time in the world, but now there is.

Stay Calm!

Everyone is experiencing this hardship together. You are not alone. Make sure you are okay to ensure that your children feel safe too.

This link provides guidance to Parenting during the Pandemic.

<https://www.healthychildren.org/English/Pages/default.aspx>

Resources can be found at
<https://www.shipresources.org/resources-covid-19>.

These resources include financial assistance, free food and meals, and assistance programs.

Follow us on Facebook @ Shippensburg University Early Head Start, Head Start & Pre-K Counts Program

For daily updates, storytime with teachers, and more tips on how to keep your family safe!

