



# I Feel Sick



## Go to Bed

Like any other time that you are sick you need to stay in your bed and sleep as much as you can.



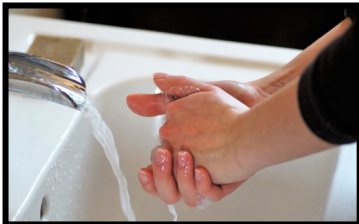
## Have Enough to Drink

Drink water, juice, even soup! It is important to keep your body as healthy as you can.



## Coughing + Sneezing

Cough or sneeze into your elbows or use tissues and throw them out afterwards!



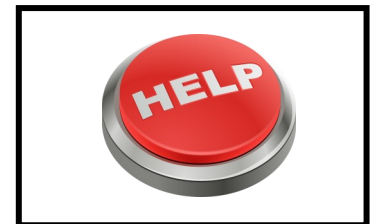
## Wash Your Hands Before Touching

Use soap and water and wash long enough to sing "Happy Birthday" twice.



## Don't Share Dishes, Towels or Bedding

This will keep others in your home safer from the Coronavirus.



## Tell Your Caregiver

Let them know you are not feeling well. Tell them especially if you have a hard time breathing.

**Are you scared or anxious right now?**

**-Talk to your caregiver or family.**

**-Or call**