Young people are also at risk for severe sickness, hospitalization, and death from COVID-19.

Don’t risk your life. Stay home if you are asked to; meet up with friends online or by phone.

Wash your hands and follow guidance from your local authorities.
Physical distancing can help protect you from COVID-19. Stay at home with members of your household if you’re asked to. Meet up virtually with friends or other family members.

Wash your hands often and well with soap and water or alcohol-based gel. Disinfect surfaces you touch a lot, like cell phones, computers, doorknobs, etc.

Do not leave your house if you are sick. If you need medical care, call your healthcare provider or your local COVID-19 hotline.
The COVID-19 situation is a **stressful time for everyone**, including young people. Chat with or videocall friends and family to stay connected.

Limit how much social media and news you consume. **Avoid rumors and misinformation** by getting news from trusted sources.

Exercise or meditate at home. **Reach out to a trusted adult** or professional if you need help.

#COVID19  #ITHRIVE
Young people not only have a risk of getting extremely sick or dying of COVID-19, you can also spread the disease to people who have a high risk of dying, like grandparents, parents, and friends and family members with underlying health conditions.

Physical distancing can help stop COVID-19. Stay at home with members of your household if you’re asked to. Meet up virtually with friends or other family members. Protect yourself and your family.
COVID-19

COVID-19 AND YOUNG PEOPLE

PROTECT YOURSELF

The COVID-19 situation is a stressful time for everyone, including young people.

Maintaining a familiar routine – while still practicing physical distancing – can help you feel calmer and more in control.

If you need help, don’t hesitate to reach out to a trusted adult or professional.

#COVID19 #ITHRIVE