

# COVID-19 PREVENTION TIPS

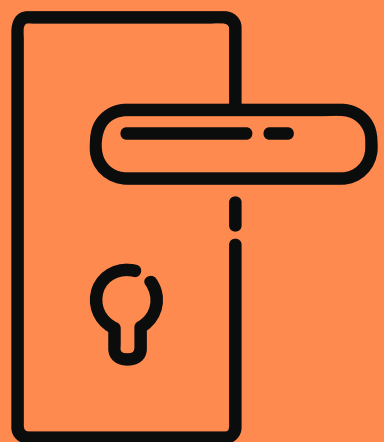
## WASH HANDS & SURFACES



- Frequently throughout the day
- 20 Seconds with soap & warm water

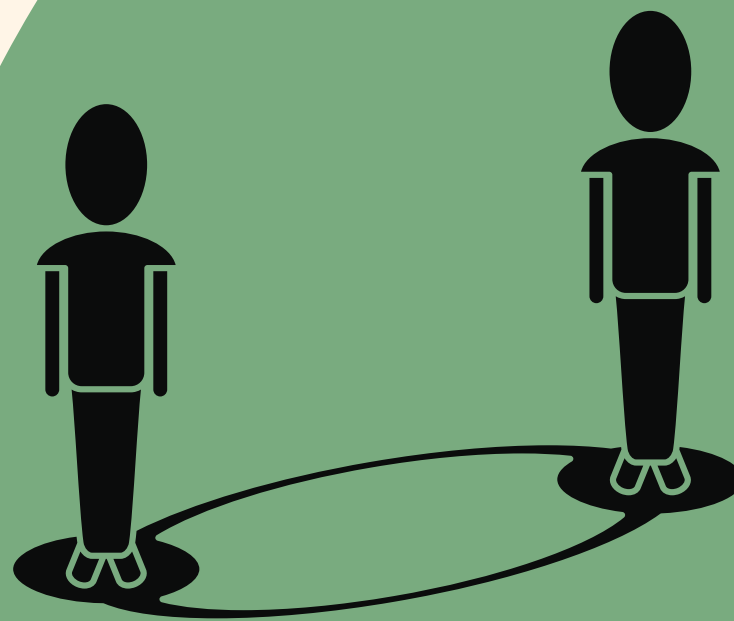
Avoid touching your face, nose, & mouth

Wipe down door knobs and other "high touch" surfaces with normal household cleaners



For child care, financial, insurance and other questions, call: 1-833-551-0518.

## SOCIAL DISTANCING & TRAVEL



- Don't shake hands
- Avoid crowds
- Stay 6 feet away from other people
- Open windows when indoors

Avoid unnecessary travel outside of the state



## IF YOU'RE SICK...

Coronavirus symptoms include fever, difficulty breathing and dry cough.

Stay home and call the **New Mexico Department of Health** hotline at **855-600-3453** for guidance.



For Updates - <http://cv.nmhealth.org/>

**cyfd**

New Mexico Children,  
Youth & Families Department