Social Media Toolkit for Kansas Local Health Departments and Other Public Health Organizations

What is in this Kit?

This kit will contain Digital COVID-19 Communication materials that can be used on Facebook and/or Twitter, but may be adaptable to other social media outlets as well. Each image will have an associated text with it for Facebook and Twitter that is ready to be posted. The communication content will focus on:

1. COVID-19 Prevention (Stop the Spread, prevention tips, symptoms, etc.)
2. Social/Physical Distancing
3. FAQs and Myth Busters
4. Mental Health and Coping with COVID-19
5. Masks
6. Spanish Versions

Suggestions and Tips to Make Your Social Media Posts Most Effective

- Choose at least 1 post from each content area a day. This ensures you are getting useful, diverse information about every aspect of COVID-19 a day.
- Post at least once a day on Facebook. Optimal times to post on Facebook:
  - 1 – 3 PM is peak time, but anytime between 9 AM – 7 PM is a good time. [Source]
- The life of a Tweet is short, which means posting around 4 times a day for the most exposure. We recommend at least 2 Tweets a day if possible. Optimal time to Tweet:
  - Best times to Tweet are 12, 5 (peak time), and 6 PM
  - Experiment with 2-3 AM, 6-8 AM, and 9-10 PM [Source]
- Utilize software, such as Hootsuite, to schedule social media posts ahead of time so you do not need to post throughout the day when you are busy. Take time at the beginning of each week to schedule posts for that week.
  - Here is a Hootsuite video tutorial to help you get started.
- Retweet/share other organizations that are putting out useful content. Examples of organizations posting great resources to retweet/share:
  - WHO (@WHO on Twitter and Facebook)
  - CDC (@CDCgov on Twitter and @CDC on Facebook)
  - KDHE (@KDHE on Twitter and @KDHEnews on Facebook)
  - Lawrence-Douglas Public Health (@LDCHealth on Twitter and Facebook)
- It’s okay to reuse posts from this toolkit. Consistent, constant reminders are valuable and you are sure to reach users who missed previous posts.

Other suggested resources for digital and/or print

- KDHE’s Social Media Toolkit of Graphics for COVID-19: [https://drive.google.com/drive/folders/1cVZ5062hiA1hBlHv7MZAELdEcBe](https://drive.google.com/drive/folders/1cVZ5062hiA1hBlHv7MZAELdEcBe)
- Share out videos from KDHE Vimeo on Social Media [https://vimeo.com/user86164829](https://vimeo.com/user86164829)
  - Videos include press conferences, education on COVID-19, coronavirus questions from kids, and more.
  - This was used as a resource for this kit and adapted some language/links from the CDC’s toolkit.
- CDC COVID-19 Videos in English, Spanish, and ASL [https://www.youtube.com/channel/UCIMg06DjUkSFRM3g5wQ](https://www.youtube.com/channel/UCIMg06DjUkSFRM3g5wQ)
  - You can also create a Canva account and search “COVID-19” for templates to fill in information relevant to your health department and/or download more content.

Resources and Credit for COVID-19 Communications Images:

- The Center for Disease Control
- Kansas Department of Health Environment - Communications Team
- World Health Organization

Last updated June 26, 2020
**Facebook and Twitter Posts**

This chart will provide ready-to-use content and media (graphics/videos/etc.) paired with accompanying language that your organization can post online on Facebook and/or Twitter.

**Instructions:**

1. Use the images in the chart below. You may either pull the images from this document or pull them from KPHC’s Google Drive by doing the following:
   a. Follow this link to the toolkit: [https://drive.google.com/drive/folders/1uAxt_eGYOLdy1bQGB9WIhmgb4Pct5Ga7?usp=sharing](https://drive.google.com/drive/folders/1uAxt_eGYOLdy1bQGB9WIhmgb4Pct5Ga7?usp=sharing)
   b. Open the media attachments folder to find the images. You also will find this document in the Drive if you wish to use it there.
   c. Search for the image you want. There are five folders that correspond with the five content areas in this toolkit. The name of the image in Google Drive will match the name of the post you are using.
   d. Click the image and download.
   e. *For example:* You are wanting to use the text and image from column 1.1 (just below), go to Google Drive, open media attachments, click section 1, click photo 1.1., and download.

2. Use accompanying ready to use text on the Facebook post or Tweet. Simply copy and paste into the social media outlet you are using! You can edit text or write your own text if you wish.

3. Use the #COVID19 and other hashtags used in posts – this helps your content reach farther!

<table>
<thead>
<tr>
<th>1. Preventing COVID-19</th>
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<tbody>
<tr>
<td><strong>Media</strong></td>
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<td>1.1.</td>
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<td>1.6</td>
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### 1.8 Cleaning frequently touched surfaces

Cleaning frequently touched surfaces is important to prevent the spread of the coronavirus. Curious what disinfectants are effective for #COVID19? The EPA has released a list of products that can be used.

Find it here: [https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2)

### 1.9 If someone in your household is sick

If someone in your household is sick, take extra precautions to clean and disinfect clothing, towels, and linens when doing laundry during the #COVID19 outbreak. Don't shake dirty laundry, disinfect hampers, and wear gloves!


### 1.10 One key action to prevent spread of the coronavirus is cleaning and then disinfecting frequently touched surfaces daily.

We want to protect ourselves, our loved ones, and others from #COVID19. Here’s a complete guide from the CDC on How to Protect Yourself and Others: [bit.ly/CDCProtectCOVID19](https://bit.ly/CDCProtectCOVID19)

### 1.11 Summer trips look different this year.

Summer trips look different this year. We encourage you to limit travel, but if you must, take these steps to protect yourself & others from COVID-19 during your trip:

- Wash your hands often
- Avoid close contact with others
- Wear a cloth face covering in public
- Cover coughs and sneezes
- Pick up food at drive-throughs or at the curb. Do not dine-in.

There are a number of simple daily precautions you can take to prevent the spread of the coronavirus. Protect yourself, your loved ones, and your community.

Learn more: kdheks.gov/coronavirus

You can take simple daily precautions to help prevent the spread of respiratory illnesses like #COVID19.

Learn how to protect yourself from COVID-19: kdheks.gov/coronavirus

Encourage your whole family and/or household to practice preventive hygiene, such as not touching your face and frequent hand washing in order to prevent the spread of #COVID19.

Learn more actions families can take to keep themselves and others safe: https://www.coronavirus.kdheks.gov/246/Individual-Family-Care

We want to protect ourselves, our loved ones, and others from #COVID-19. It’s important to know that the virus spreads primarily person-to-person through coughs, sneezes, and talking - even when people aren’t showing symptoms.

Here’s a complete guide from CDC on How to Protect Yourself and Others:

bit.ly/CDCProtectCOVID19

The CDC has great tips to help prevent the spread of the coronavirus disease and to keep you safe! Take a moment to learn more at:

*Include English or ASL link*

Tome medidas para reducir su riesgo de contraer el COVID-19. Aquí encontrará algunas cosas que debe hacer.

https://www.youtube.com/watch?v=FcLDWpVW0so

Note it would be useful to post all 3 videos separately and/or put each video in a comment of one Facebook post.

English Version:
The CDC has great tips to help prevent the spread of #COVID19 and to keep you safe! Take a moment to learn more at:

*Include English or ASL link*

Spanish Version:
Tome medidas para reducir su riesgo de contraer el #COVID-19. Aquí encontrará algunas cosas que debe hacer.

https://www.youtube.com/watch?v=FcLDWpVW0so

Note it would be useful to post all 3 videos separately and/or create a Twitter thread with each video in one tweet.
1.16
Have symptoms you’re concerned about? Try the CDC’s Coronavirus Self-Checker for help! Because most people who become ill with COVID-19 experience mild symptoms, they are recommended to recover at home. However, it is important to check in with a primary care physician if you have further concerns.
cdc.gov/coronavirus/2019-ncov/symptoms-testing

1.17
Know the symptoms of COVID-19! Everyone experiences different symptoms with the virus and severity of symptoms can vary.
If you are experiencing 2 or more of these symptoms, call your health care provider to be tested. Learn more:

1.18
COVID-19, a cold, the flu, and allergies have a lot of similarities but there are a number of key differences as well. Know the symptoms of COVID-19 and reach out to your medical provider if you have concerns.
Learn more about the symptoms:

1.19
English: https://www.youtube.com/watch?v=7zzfdYShvQU

ASL: https://www.youtube.com/watch?v=IN_GVllbyC4Y&feature=youtu.be

Have symptoms you’re concerned about? Try the @CDCgov’s Coronavirus Self-Checker. Because most people who become ill with #COVID19 experience mild symptoms, it is recommended to recover at home. Always check with your physician if you have further concerns.
cdc.gov/coronavirus/2019-ncov/symptoms-testing

Know the symptoms of #COVID19! Everyone experiences different symptoms with the virus and severity of symptoms can vary.
If you are experiencing 2 or more of these symptoms, call your health care provider to be tested. Learn more:

#COVID19, a cold, the flu, and allergies have a lot of similarities but there are a number of differences as well. Know the symptoms of COVID-19 and reach out to your medical provider if you have concerns.
Learn more about the symptoms:
Kansas families have shown resilience the past few months. As we reopen and recover from #COVID19, make sure your family has a plan in case someone gets sick.

Learn more:
bit.ly/KDHECOVID19FamilyPlan

2. Physical/Social Distancing

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| Social distancing means avoiding close contact by keeping at least 6 feet between yourself and others who live outside your home. This practice in addition to wearing masks and proper hygiene are extremely effective in preventing the spread of #COVID19. Remember:
✔ People without symptoms can spread the virus
✔ 6 feet is about 2 arms’ length away from other people
✔ Avoid close contact with people who are sick - even in your own home
✔ Keeping distance is important if you are at a higher risk of getting sick from COVID-19

Learn more about social distancing: https://bit.ly/COVID19-CDC-SocialDistancing |

Practice social distancing by putting space between yourself and others. Continue to practice healthy habits to help slow the spread of COVID-19:
✔ Wash your hands for at least 20 seconds
✔ Clean and then disinfect frequently used surfaces
✔ Stay home if you’re sick
✔ Avoid touching your face

Learn more about staying safe and healthy at cdc.gov/covid19

Practice social distancing by putting space between yourself and others. Continue to practice healthy habits, like washing your hands for at least 20 seconds and staying home if you’re sick, to help slow the spread of #COVID19.

Learn more: cdc.gov/covid19
<table>
<thead>
<tr>
<th>Section</th>
<th>Text</th>
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</table>
| 2.3 | **CORONAVIRUS DISEASE 2019 (COVID-19)**

*Social distancing means putting space between yourself and others.*

Social distancing means putting space between yourself and others. This is why social distancing and masks are important to #StopTheSpread!


| 2.4 | **Slow COVID-19, Stop Optional Trips**

Stay at home except to get groceries, medications, or other essentials.

Decreasing the number of optional trips you take during #COVID19 can prevent you from being exposed. This is especially important for those at high-risk for getting sick from the disease.

Learn more about staying safe: [cdc.gov/covid19](https://cdc.gov/covid19)

| 2.5 | **Visiting our lovely parks and trails is a great, safe activity!** But if you are feeling sick or experiencing #COVID19 symptoms, you should stay home and consult with your physician.

Visiting our lovely parks and trails is a great, safe activity! But if you are feeling sick or experiencing #COVID19 symptoms, you should stay home and consult with your physician.

| 2.5 | **Our public parks and trails are here for us during #COVID19!** Outdoor activities are a safe and fun activity, but make sure you are maintaining #PhysicalDistance from others and practice good hygiene while you’re out.

Our public parks and trails are here for us during #COVID19! Outdoor activities are a safe and fun activity, but make sure you are maintaining #PhysicalDistance from others and practice good hygiene while you’re out.

| 2.6 | **Looking for fun at-home activities?**

Try online fitness videos for you & your kids. Yoga, dance fitness, cardio - the video options are endless! For kids, try using GoNoodle for fun activities.

If you are trying to limit your exposure to #COVID19 by staying home and distancing, try these activities:

Here’s more physical activity tips from @KDHE:

| 2.6 | Summer is a great time to try to do some gardening or lawn work. You can grow your own produce, plant some flowers, and use it as a chance to enjoy some fresh air! If you are trying to limit your exposure to #COVID19 by staying home and distancing, try these activities: bit.ly/KDHECOVID19-HomePhysicalActivity | Summer is a great time to try to do some gardening or lawn work. You can grow your own produce, plant flowers, and use it as a chance to enjoy some fresh air! If you are trying to limit your exposure to #COVID19 by distancing, try these fun activities: bit.ly/KDHECOVID19-HomePhysicalActivity |
| 2.6 | In need of some energizing fun at home, lean into the magic of music and dancing! This is a great activity to get kids up and moving too. If you are trying to stay home and limit exposure, try these 10 fun physical activities at home: bit.ly/KDHECOVID19-HomePhysicalActivity | In need of some energizing fun at home, lean into the magic of music and dancing! This is a great activity to get kids up and moving too. If you are trying to stay home and limit exposure, try these fun activities at home: bit.ly/KDHECOVID19-HomePhysicalActivity |
| 2.6 | Play time is a great form of physical activity! Active games like tag, hide-and-seek, backyard kickball, or fetch with the dog are great games to play with your household. If you are trying to limit your exposure to #COVID19 by staying home, try these at-home activities: bit.ly/KDHECOVID19-HomePhysicalActivity | Play time is a great form of physical activity! Active games like tag, hide-and-seek, backyard kickball, or fetch with the dog are great games to play with your household. Here are more at-home activities: bit.ly/KDHECOVID19-HomePhysicalActivity |
| 2.6 | If you’re looking for a new at-home physical activity, try to do some yoga! Not only is it great exercise, but it also boosts your mood, encourages self-esteem, and is good for maintaining positive mental health. You can find plenty of free yoga videos online! If you are trying to limit your exposure to #COVID19 by staying home, try these at-home activities: bit.ly/KDHECOVID19-HomePhysicalActivity | If you’re looking for a new at-home physical activity, try to do some yoga! Not only is it great exercise, but it also boosts your mood, encourages self-esteem, and is good for maintaining positive mental health. Find more tips for at-home activities: bit.ly/KDHECOVID19-HomePhysicalActivity |
### 3. MythBusters and FAQs

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<tr>
<td>3.1</td>
<td>If you can’t find answers at the KDHE #COVID19 Resource Center, you can call the KDHE COVID-19 Hotline for answers to general questions! Visit coronavirus.kdheks.gov to access the COVID-19 Resource &amp; Response Center!</td>
<td>If you can’t find answers at the @KDHE #COVID19 Resource Center, you can call the KDHE COVID-19 Hotline for answers to general questions! Visit coronavirus.kdheks.gov to access the COVID-19 Resource Center!</td>
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| 3.2   | There are a number of important steps we can take to stay safe while we grocery shop during COVID-19! KDHE recommends: ✔ Practice social distancing ✔ Send only one person to shop - and only when necessary ✔ Avoiding cash transactions ✔ Washing your hands after Learn more: bit.ly/COVID19GroceryFoodSafety-KDAG |
|-------|--------------------------------------------------|--------------------------------------------------|
| 3.3   | Trying to get take-out while slowing the spread of COVID-19? Food service, delivery, and takeout are a safe and delicious activity! Risk for transmission is low, especially if you follow these tips: ✔ Order & pay online or over the phone when possible ✔ Accept take-out without in-person contact if possible or practice social distancing ✔ Wash your hands with soap and water and/or use hand sanitizer with at least 60% alcohol after bringing your food home Learn more about food safety during the coronavirus outbreak: bit.ly/COVID19-TakeoutFoodSafety-KDAG |
| 3.4   | #COVID19 myths prevent people from taking the proper precautions to protect themselves and others. Know the truth. Get the facts! 5G Networks do NOT spread the virus. It is spread through respiratory droplets. Find more myth busters here: https://bit.ly/WHO-COVID19Myths |

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*For more information on COVID-19 in Kansas, visit www.kdheks.gov/coronavirus. If you develop symptoms, please contact your health care provider.*


3.6 #COVID19 Mythbuster: You should not be using UV lamps to sterilize hands or skin, as this could irritate your skin!

Myths prevent people from taking the right precautions to protect themselves. Know the truth. Get the facts here: bit.ly/WHO-COVID19Myths

3.7 #COVID19 myths prevent people from taking the right precautions to protect themselves and others. Spraying alcohol or chlorine may harm you and it will NOT kill the virus if you are carrying it.


3.8 #COVID19 Mythbuster: Vaccines for pneumonia do NOT protect against the new coronavirus, but are recommended to protect you from other respiratory illness. Researchers around the world are working to develop a vaccine for COVID-19.


3.9 #COVID19 Mythbuster: There is NOT evidence that rinsing your nose with saline will prevent you from the new coronavirus.

Myths prevent people from taking the right precautions to protect themselves and others. Know the truth. Get the facts here: bit.ly/WHO-COVID19Myths

3.10 #COVID19 myths prevent people from taking the right precautions to protect themselves. While older people and those with underlying health conditions are more likely to have worse symptoms, people of ALL ages have been and can be infected by COVID-19.

3.11. #COVID19 Mythbuster: Antibiotics do NOT work to prevent or treat the new coronavirus or any other viruses. Antibiotics are only effective in treating bacterial infections.


3.12. #COVID19 Mythbuster: There are no medication recommendations for prevention or treatment of COVID-19. It's important to communicate with your primary care physicians about treatment options if you become ill.


3.13. Spring is here! Are you enjoying the warmer weather? That brings us to our next #COVID19 Mythbuster: The new coronavirus can be transmitted in warm and humid climates.

Find more myth busters here: bit.ly/WHO-COVID19Myths

3.14. #COVID19 Mythbuster: Ouch! Don't hurt yourself with trying this myth out. #COVID19 Mythbuster: Taking a hot bath will NOT kill the new coronavirus.

Find more myth busters here: bit.ly/WHO-COVID19Myths

3.15. #COVID19 Mythbuster: Mosquitos do NOT transmit the new coronavirus. Although you are safe from COVID-19, remember to protect yourself from mosquitoes, because they can transmit other diseases.

Find more myth busters here: bit.ly/WHO-COVID19Myths

3.16. The WHO does not recommend against the use of ibuprofen to treat COVID-19. There is no clinical studies or data to suggest the #ibuprofen will worsen #COVID19.

The @WHO does not recommend against the use of ibuprofen to treat COVID-19. There is no clinical studies or data to suggest the #ibuprofen will worsen #COVID19.
3.17 Video Attachment: Shopping for Food and Other Essentials During COVID-19

https://youtu.be/BL0EnZi9sFQ

There are a number of precautions we can take to stay safe while shopping for groceries, household items, and other goods:

✔ Only go to the store when you need to and avoid busy hours
✔ Order online for delivery or curbside pickup if possible
✔ Use touchless pay
✔ Wear a mask and social distance
✔ ... and much more!

Learn other safety tips to take during the coronavirus outbreak:
https://youtu.be/BL0EnZi9sFQ

There are a number of precautions we can take to stay safe while shopping for groceries, household items, and other goods!

Watch this video to learn many tips to take so you can shop safety during the coronavirus.
https://youtu.be/BL0EnZi9sFQ

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4. Mental Health and Coping with COVID-19

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<td><img src="image1.png" alt="Physical Distancing" /></td>
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| ![Support a Loved One](image2.png) | Physical distancing doesn't mean you can't virtually socialize and support your loved ones. Here are some tips to support your friends and family who may be struggling during #COVID19. Find more here: https://www.mentalhealthfirstaid.org/2020/03/how-to-support-a-loved-one-going-through-a-tough-time-during-covid-19/ | Physical distancing doesn't mean you can't virtually socialize and support your loved ones. Here are some tips to support your friends and family who may be struggling during #COVID19. Find more here: https://www.mentalhealthfirstaid.org/2020/03/how-to-support-a-loved-one-going-through-a-tough-time-during-covid-19/ |

| ![Maintaining Positive Mental Health](image3.png) | You matter and your mental health matters during #COVID19. Seek out stress-reducing activities that keep your body, mind, and spirit well to help you maintain positive mental health! Here are more tips from KDHE on maintaining mental health during the coronavirus outbreak: bit.ly/KDHECOVID19-MentalHealth | You and your mental health matters during #COVID19. Seek out stress-reducing activities that keep your body, mind, and spirit well to help you maintain positive mental health! Here are more tips from @KDHE on maintaining mental health: bit.ly/KDHECOVID19-MentalHealth |
### 4.3 Maintaining Positive Mental Health During COVID-19

- Make sure you are using reliable sources for information and monitoring the amount of news you are consuming. Updates are important to stay informed, but balance is needed to reduce stress.

You and your mental health matters during #COVID19. Find more tips on maintaining mental health: bit.ly/KDHECOVID19-MentalHealth

### 4.3

You and your mental health matters during #COVID19. Stressful times impact everyone’s stress response differently. It’s okay to tap into mental health resources and ask professionals for help coping with hard times.

Use the SAMHSA Treatment Services Locator to find help and read more tips from @KDHE: bit.ly/KDHECOVID19-MentalHealth

### 4.4 Talking with Children and Adolescents About COVID-19

Talking to your kids about #COVID19 can be hard, but it’s important to keep them in the loop and process their feelings with them during this time. Reassurance, a routine, and being a good role model can go a long way!

Learn more from KDHE: bit.ly/KDHECOVID19-Child-Teens

### 4.5 Managing COVID-19 Stress

Tips on looking after yourself

Protecting our mental health in unprecedented times can be challenging. @NAMICommunicate recommends maintaining a routine, sticking to consistent meal times, and implementing mindfulness techniques into your life.

Learn more and find more tips: https://www.nami.org/Blogs/NAMI-Blog/March-2020/How-to-Protect-Your-Mental-Health-during-the-Coronavirus-Outbreak

Protecting our mental health in unprecedented times can be challenging. @NAMICommunicate recommends maintaining a routine, sticking to consistent meal times, and implementing mindfulness techniques into your life.

Learn more and find more tips: https://www.nami.org/Blogs/NAMI-Blog/March-2020/How-to-Protect-Your-Mental-Health-during-the-Coronavirus-Outbreak
4.6 You and your mental health matters during #COVID19. Try establishing specific times of the day to check for updates and use the rest of the day to focus on other activities you enjoy. Here are more tips from KDHE on maintaining positive mental health: bit.ly/KDHECOVID19-MentalHealth

4.7 #PhysicalDistancing doesn't mean you are alone! Be intentional about building a strong support system and staying connected with loved ones through technology. You and your mental health matters during #COVID19. Find more tips: bit.ly/KDHEC19-MentalHealth

5. Masks

5.1 If used correctly, a homemade mask or cloth covering can be effective in preventing the spread of #COVID19 when in public! Follow KDHE guidance for making a homemade mask & best practices for wearing it correctly. Find their recommendations for homemade masks and cloth coverings here: bit.ly/KDHEC19HomemadMask

If used correctly, a homemade mask or cloth covering can be effective in preventing the spread of #COVID19 when in public! Follow @KDHE’s guidance for making a homemade mask & best practices for wearing it correctly. Find it here: bit.ly/KDHEC19HomemadMask
5.2

It can be hard to physically distance when you are doing essential activities in public. That's why wearing a homemade mask in public is recommended to prevent the spread of #COVID19.

Find KDHE's guidance on making and wearing homemade masks here: bit.ly/KDHEC19HomemadMask

5.3

We want to protect ourselves, our loved ones, and others from #COVID19. Wear a cloth face cover or mask when you go out in public in order to protect yourself and others!

Learn more about masks and COVID-19: bit.ly/CDC-COVID19-Masks

5.4

Wearing a cloth face covering CORRECTLY can help prevent the spread of COVID-19 to others. When you leave the house, follow these “do’s”.

To learn more, visit: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-clot h-face-coverings.html
| 5.5 | Looking for an engaging and safe at-home activity to do while physical distancing? Try making a homemade mask! It’s a great way to have some fun while keeping yourself and your community safe.

Get your kids, friends, and family involved:
✔ Kids not wanting to wear a mask? Get them involved in the design!
✔ Have a design competition with fun fabrics and add-ons
✔ Turn the mask into a fun costume - paint, embroider, or paste on a nose or goofy smile.
✔ The possibilities and fun is endless!

Learn how to make a mask at: bit.ly/KDHEC19HomemadMask |

| 5.6 | Your cloth face covering should:
✔ Reach above the nose, below the chin, and completely cover the mouth and nostrils
✔ Fit snugly against the sides of the face
✔ Be made of multiple layers of fabric that you can still breathe through
✔ Be able to be laundered and machine dried without damaging the material or shape

Do not buy surgical masks to use as a face covering. Those are intended for healthcare workers and first responders. Many items you may already have in your home can be used to create face coverings.

Try creating a cloth face covering using bandanas, ski masks, washable napkins, or dish towels.

Learn more at https://bit.ly/2Ravt42 | Take action to slow the spread of COVID19 by wearing a cloth face covering in public spaces, keeping at least 6 feet of physical distance, & frequently washing your hands.

Make a cloth face covering from a t-shirt, scarf or cloth napkin. Learn more at bit.ly/2Ravt42 |
Wearing a mask is an important practice to keep our children and other kids safe from #COVID19. Remember any child under two, should NOT wear a mask and they only need to be worn when physical distancing is not possible. Check out these tips from the Kansas American Academy of Pediatrics to learn more!

When worn properly, a face mask can prevent the spread of #COVID19. Unsure if you are wearing it right? Your mask should:
- Cover your nose and mouth
- Reach below your chin
- Fit snugly against the sides of the face
- Be worn the entire time you are in public and not touched until you can take it off

Learn more from the CDC: https://www.youtube.com/watch?v=dy9TzRwVWoA

6. Spanish Versions/Spanish COVID-19 Information

6.1 Cómo se propaga

- La mejor manera de prevenir la enfermedad es evitar la exposición a este virus.
- Se piensa que el virus se propaga principalmente de persona a persona.
  - Entre personas que están en contacto cercano (a una distancia de hasta aproximadamente 6 pies).
  - A través de gotitas respiratorias que se producen cuando una persona infectada tose, estornuda o habla.
  - Estas gotitas pueden terminar en la boca o en la nariz de quienes se encuentran cerca o posiblemente ser inhaladas y llegar a los pulmones.
- Algunos estudios recientes sugieren que el COVID-19 puede propagarse a través de personas que no presentan síntomas.

Queremos protegernos a nosotros mismos y a los demás de COVID-19. Es importante saber que el virus se propaga principalmente de persona a persona a través de tos, estornudos y hablar incluso a través de personas que no muestran síntomas.

Aqui hay una guía completa de los CDC sobre cómo protegerse a sí mismo y a los demás: https://espanol.cdc.gov/enes/coronavirus/2019-ncov/prevent-getting-sick/prevention.html
6.2 Queremos protegernos a nosotros mismos y a los demás de COVID-19. Limpiarse las manos a menudo es una acción clave. Use un desinfectante de manos que contenga al menos 60% de alcohol.


6.3 Queremos protegernos a nosotros mismos y a los demás de COVID-19. Evitar el contacto cercano es una acción clave. Quédese en casa tanto como sea posible.


6.4 Queremos protegernos a nosotros mismos y a los demás de COVID-19. Lavarse las manos inmediatamente después de estornudar o toser durante al menos 20 segundos o usar desinfectante de manos es una acción clave a tomar.


6.5 Queremos protegernos a nosotros mismos y a los demás de COVID-19. Una acción clave es desinfectar superficies frecuentemente tocadas diariamente.

Las familias de Kansas saldrán más fuertes después de COVID-19. Tener un Plan de Acción Familiar nos ayudará a llegar allí. Un paso importante es identificar a todos los que necesitan ser parte de su plan y cuáles son sus necesidades.

https://khap2.kdhe.state.ks.us/News_Release/COVID19/Family_Action_Plan_handout_spanish.pdf
Plan de Acción Familiar

Identificar todos los que necesitan ser parte de su plan y sus necesidades. Los niños, los ancianos, los que tienen enfermedades crónicas y las personas que necesitan cuidados especiales pueden ser un equipo de apoyo más grande.

Crear una lista de contactos de emergencia.

Identificar organizaciones y recursos en su comunidad. Las organizaciones de salud local pueden ser de gran ayuda. Las organizaciones de salud pueden ser de gran ayuda.

Identificar organizaciones y recursos en su comunidad.

Fomentar en casa con la familia la práctica de higiene preventiva. Llene las manetas con agua. Use la boca con un cubierto desechable al momento. Limpie sus manos con un cubierto desechable. Limpie su boca con agua caliente.

Plan de Acción Familiar

Identificar todos los que necesitan ser parte de su plan y sus necesidades. Los niños, los ancianos, los que tienen enfermedades crónicas y las personas que necesitan cuidados especiales pueden ser un equipo de apoyo más grande.

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Las familias de Kansas saldrán más fuertes después de COVID-19. Tener un Plan de Acción Familiar nos ayudará a llegar allí. Un paso importante es identificar la organización y los recursos en su comunidad local.

https://khap2.kdhe.state.ks.us/NewsRelease/COVID19/Family_Action_Plan_handout_spanish.pdf

Las familias de Kansas saldrán más fuertes después de COVID-19. Tener un Plan de Acción Familiar nos ayudará a llegar allí. Un paso importante es identificar la organización y los servicios sociales disponibles, como los programas de comidas para estudiantes.

https://khap2.kdhe.state.ks.us/NewsRelease/COVID19/Family_Action_Plan_handout_spanish.pdf

Las familias de Kansas saldrán más fuertes después de COVID-19. Tener un Plan de Acción Familiar nos ayudará a llegar allí. Un paso importante es alentar a toda su familia a practicar la higiene preventiva.

https://khap2.kdhe.state.ks.us/NewsRelease/COVID19/Family_Action_Plan_handout_spanish.pdf
6.6 Las familias de Kansas saldrán más fuertes después de COVID-19. Tener un Plan de Acción Familiar nos ayudará a llegar allí. Un paso importante es elegir una habitación en su hogar que se puede utilizar para separar a aquellos que están enfermos del resto del hogar.

https://khap2.kdhe.state.ks.us/NewsRelease/COVID19/Family_Action_Plan_handout_spanish.pdf

6.7 Hay que cuidarse para cuidar tus hijos más efectivamente. Usted merece el espacio de recargarse. Mantenga la calma y maneje el estrés con este guía de PAHO-WHO. Y recuerda, lávate las manos.

Las familias de Kansas saldrán más fuertes después de #COVID19. Un paso importante es elegir una habitación en su hogar que se puede utilizar para separar a aquellos que están enfermos del resto del hogar.

https://khap2.kdhe.state.ks.us/NewsRelease/COVID19/Family_Action_Plan_handout_spanish.pdf
Estamos en una época de estrés y también nuestros hijos. Habrá momentos en que sus comportamientos te desafían. Este guía de PAHO-WHO tiene consejos para tu familia.

Estamos en una época de estrés y también nuestros hijos. Es posible de crear un ambiente positivo por establecer una estructura. Este guía de PAHO-WHO tiene consejos para tu familia.
| 6.10 | Hay que cuidarse para cuidar tus hijos más efectivamente. Usted merece el espacio de recargarse y estrategias para mantener la positividad. Este guía de PAHO-WHO tiene consejos para tu familia. | Hay que cuidarse para cuidar tus hijos más efectivamente. Usted merece el espacio de recargarse y estrategias para mantener la positividad. Este guía de PAHO-WHO tiene consejos para tu familia. |
| 6.11 | Estamos en una época de estrés y también nuestros hijos. PAHO-WHO tiene este guía sobre "Tiempo Uno-a-Uno", una serie de sugerencias para que interactúas con tus hijos o hijas de una manera constructiva durante este período de reclusión. | Estamos en una época de estrés y también nuestros hijos. PAHO-WHO tiene este guía sobre "Tiempo Uno-a-Uno", una serie de sugerencias para que interactúas con tus hijos o hijas de una manera constructiva durante este período de reclusión. |
| 6.12 | Recuerda estas recomendaciones para el uso efectivo y seguro de las mascarillas caseras. | Recuerda estas recomendaciones para el uso efectivo y seguro de las mascarillas caseras. |
6.13 Se ha reportado que los pacientes con COVID 19 han tenido enfermedad respiratoria de leve a grave. Los síntomas pueden incluir fiebre, tos, y dificultad para respirar.

http://cdc.gov/covid19-es

6.14 Quédese en casa si está enfermo, excepto para recibir atención médica.

http://cdc.gov/covid19-es

6.15 Conozca los síntomas de COVID-19.

http://cdc.gov/covid19-es

<table>
<thead>
<tr>
<th>SÍNTOMAS</th>
<th>COVID-19</th>
<th>RESFRIADO</th>
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Conozca los síntomas de COVID-19.
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<th>Título</th>
<th>Instrucciones</th>
<th>Soporte</th>
<th>Instrucciones</th>
<th>Soporte</th>
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<tbody>
<tr>
<td>6.20</td>
<td>¿Crees que podrías tener el COVID-19? Si crees que estás enfermo, sigue las indicaciones de cuándo llamar a tu médico: Vigila tus síntomas. Llama antes de ir al médico. Evita el contacto cercano con las otras personas cuando salgas. La mayoría de las personas que contraen el COVID-19 pueden cuidarse por su cuenta en casa. Si necesitas ver a un médico, toma precauciones para protegerte y proteger a los que estén a tu alrededor. Lee más: <a href="https://espanol.cdc.gov/enes/coronavirus/2019-ncov/If-you-are-sick/steps-when-sick.html">https://espanol.cdc.gov/enes/coronavirus/2019-ncov/If-you-are-sick/steps-when-sick.html</a></td>
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</table>
6.21 ¿Cómo desacelerar la propagación del COVID-19 al recoger un pedido de comida?

Ordena y paga en línea o por teléfono si es posible. Recibe el pedido sin tener contacto con otra persona o manténte al menos a 6 pies de los demás. Lávate las manos con agua y jabón o usa un limpiador de manos con al menos 60 % de alcohol después de traer la comida a casa. 

Infórmate más sobre las salidas esenciales en estos momentos: 


6.22 Nueva evidencia indica que algunas personas con coronavirus no tienen síntomas de enfermedad y puede transmitir el virus antes de enfermarse. Para frenar el propagación de COVID-19, KDHE recomienda que las personas usen cubiertas de tela para la cara cuando salgan en público. Esto incluye una guía para hacer tu propia máscara. 

https://www.coronavirus.kdheks.gov/DocumentCenter/View/941/M%C3%A1scara-casera-de-Kansas--Gu%C3%A9da-de-cubierta-de-tela-PDF---4-22-2020

6.23 Ser una persona bajo investigación (PUI) indicaría que tuviera un riesgo epidemiológico por estar en contacto con una persona con COVID-19 o ha viajado por un estado o un país de alto riesgo. Limite su y el viaje familiar fuera del estado. 

<table>
<thead>
<tr>
<th>6.24</th>
<th>Muchas familias trabajando enfrentan desafíos relacionados con el acceso a un cuidado infantil saludable y seguro durante este tiempo. Aquí hay opciones para las familias de Kansas que necesiten cuidado infantil. <a href="https://www.coronavirus.kdheks.gov/DocumentCenter/View/663/Opciones-para-las-Familias-de-Kansas-que-Necesiten-Cuidado-Infantil-PDF---4-14-20">https://www.coronavirus.kdheks.gov/DocumentCenter/View/663/Opciones-para-las-Familias-de-Kansas-que-Necesiten-Cuidado-Infantil-PDF---4-14-20</a></th>
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