Take charge of your health today. Be informed. Be involved.

TACTIC: GOOD HEALTH HABITS

How can you protect yourself from COVID-19?

Sneeze into your elbow, not your hands.

Some important habits include:

1. **Sneeze into your elbow**, not your hands.
2. **Wash your hands frequently**:
   - For at least 20 seconds with soap and water.
   - Use alcohol-based hand sanitizer if soap and water are not available.
3. **Cover coughs and sneezes**:
   - Use a tissue or your elbow to cover your mouth and nose.
4. **Practice social distancing**:
   - Stay at least 6 feet away from others, even if you are not infected yourself.
5. **Avoid touching your face**:
   - Especially hands that have been in public spaces.
6. **Stay home when sick**:
   - If you have symptoms of COVID-19, stay home.
7. **Wear a mask**:
   - When in public settings or when social distancing is not possible.

Resources during COVID-19 Shutdowns

- **Access to clothing and household items**: Immediate needs for persons in distress, please call 211. For more information, visit www.211pittsburgh.org.
- **Mental health resources**: If you or someone you know is in distress, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or text TALK to 741741.

United Way PA 2-11 Southwestern Pennsylvania: A free help line helps people facing difficulties. Its resources navigators can help connect individuals and families with food pantries, health care services, tax prep assistance, utility and eviction prevention assistance and more. Those seeking help should dial 2-11 or visit 211pittsburgh.org.

Additional Resources:

- **National Domestic Violence Hotline**: 1-800-799-SAFE (7233).
- **Mayo Clinic Press Release (April 1, 2020)**: "COVID-19: The most likely presentation is fever and cough. Other symptoms include shortness of breath, fatigue, muscle and body aches, headache, new loss of taste or smell, nausea or vomiting, and diarrhea.

Note: If you have a fever or cough or have any questions about your health, please call your primary care provider. If you do not have a primary care provider, please call the Allegheny County Health Department (412-246-4700). If you or someone you care for are in a crisis, please call 911.

**Flattening the Curve**

- **Renovate the Curve**: More people are struggling to access healthy food because of the crisis.
- **Support local food systems**: Consider supporting local food systems by purchasing from local farmers or food banks.
- **Access to food**: Visit the National Association of City/County Health Officials website for a short list of food pantries in your area.
- **Emergency food assistance**: The Squirrel Hill Food Pantry is offering two meals to all students in need: 1 meal to take home each Monday and 1 meal to go on Friday.

**Resources to Help Those in Need**

- **Food banks and pantries**: Visit https://www.feedingamerica.org to find a food bank near you.
- **Financial assistance**: Contact your local government or social services agency for information on emergency food and financial assistance programs.
- **Medical care**: Contact your primary care provider if you have concerns about your health.

**Additional Resources**


**COVID-19 Updates**: Visit the CDC website for the latest updates on COVID-19.


