

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT
2

The risk of getting COVID-19 in the U.S. is currently low.

Some people who live in or have recently traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

Questions? Call **401-222-8022, 2-1-1**, or email **RIDOH.Covid19Questions@health.ri.gov**.

FACT
4

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT
5

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



For more information: health.ri.gov/covid

Stress

The outbreak of coronavirus disease 2019 (COVID-19), may be stressful for you and other people at your school. Fear and anxiety about a disease can be overwhelming and cause strong emotions in people of all ages.

Everyone reacts differently to stressful situations. Reactions during an infectious disease outbreak can include:

- Fear and worry about your own health and that of your friends and family.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Anger or sadness.
- Use of alcohol, tobacco, or other drugs

You can help manage your stress by:

- Avoiding excessive exposure to media coverage of COVID-19, including social media.
- Taking care of your body. Exercise, take deep breaths, stretch or meditate.
- Trying to eat healthy foods and get enough sleep. Avoid alcohol, drugs and tobacco.
- Doing something you enjoy. Talking to friends and family. Share your concerns and how you are feeling with someone you trust.

If you feel overwhelmed or unable to cope with your stress tell a trusted adult.

You can also call the Disaster Distress Helpline¹: 1-800-985-5990 or text TalkWithUs to 66746.

FOR

Parents

It is normal for anyone, including teens, to feel stressed by COVID-19. Parents can help their teens cope. When parents and caregivers deal with the COVID-19 outbreak calmly, confidentially and factually, they can provide the best support possible.

Not all teens respond to stress in the same way. Some behavior changes to watch for²:

- Anger, fighting, or bullying
- Skipping school
- Changes in eating behaviors or eating disorders
- Running away
- Isolation or withdrawal
- Self-harm (such as cutting or self-mutilation)
- Use of alcohol, drugs, or tobacco

Parents can help support their child by:

- Taking time to talk with and listen to your teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19.
- Reassuring your teen that they are safe. Let them know it is ok to feel upset. Share with them how you deal with your own stress.

If you are concerned about your teen's mood or behavior, call your teen's health care provider or call the Substance Abuse and Mental Health Administration's (SAMHSA) **Disaster Distress Helpline : 1-800-985-5990 or text TalkWithUs to 66746**

¹Substance Abuse and Mental Health Administration (SAMHSA) Disaster Distress Helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any disaster. More information available at: www.samhsa.gov/find-help/disaster-distress-helpline

²American Academy of Pediatrics, 2014. Reaching Teens: Strength-Based Communication Strategies to Build Resilience and Support Healthy Adolescent Development. www.aap.org/en-us/professional-resources/Reaching-Teens/Documents/Private/Personal_plan_handout.pdf