

# BE A HERO!

## PROTECT YOUR PEOPLE FROM COVID-19

In Mississippi, our people—our family, our friends, everyone we care about—are really important to us.

Even if you don't think you can catch COVID-19 or you don't think it can hurt you, protect your people by protecting yourself from infection.

- Do you have diabetes?
- Do you have high blood pressure?
- Do you have heart trouble?
- Do you have asthma?
- Do you have lung disease?
- Have you had cancer or chemotherapy?
- Do you have some other serious illness?
- Do you have a weak immune system?
- Are you over 60 years old?
- Do you take prescription pills every day to keep you healthy?



If you answer “yes” to **just one** of these questions, **stay home!**

If you live with your parent, your grandparent, your aunt, your uncle, or anyone else who answers “yes” to **just one** of these questions, **stay home!**

If you can't stay home, **protect yourself with a face covering or mask and stay at least 6 feet away from other people.**

### Ask for help

If you need to stay home, call on friends, neighbors, or other family members (who don't live with you) to pick up medicine, groceries, or other things for you.

Ask them to call you when they drop them off outside your door.

If you have to sneeze, cover your mouth and nose with a tissue or your elbow.

If you use a tissue, put it in the trash can.

## Be a helper

If you answered “no” to all of the questions above, and you don’t live with anyone who answered “yes” to any of them, you can be a helper.

Check on people who might need help. You can pick up and deliver things that they need.

When you’re helping, wear a face covering. If you don’t have a mask, you can tie a bandanna or a T-shirt around your head. Be sure it covers your nose and mouth. While you are wearing it, don’t touch it with your hands! Wash it at the end of every day.

## Be a friend

Even though you can’t go to family gatherings or social events, you can still connect with friends and family.

Write a letter or note. Call them on the phone. Connect with them on social media.

Let people know that you care about them, even if you can’t see them right now.

## Be safe at work

If you must go to work, protect yourself.

Wear a face covering. If you don’t have a mask, you can tie a bandanna or a T-shirt around your head. Be sure it covers your nose and mouth. While you are wearing it, don’t touch it with your hands! Wash it at the end of every day.

Stay at least 6 feet away from other people, especially someone who seems to be sick.

Don’t sit or stand close to other people on breaks or at mealtimes.

Wash your hands with soap as often as you can. If you can’t wash them, use a hand-sanitizer that has at least 60% alcohol in it.

Don’t touch your face, especially your eyes, your nose, or your mouth.

If you have to sneeze, cover your mouth and nose with a tissue or your elbow. If you use a tissue, put it in the trash can.

## Take care and stay well

If we take care of ourselves and each other, we will get through this together.

We will be stronger, and our bonds will be tighter.  
And we will be well.



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