

# COVID-19 Stay-At-Home Tips for Kids

FROM MERIDIAN HEALTH SERVICES

## SOCIAL DISTANCING

- ▶ Stay at home
- ▶ If you must be in public, keep a 6 foot distance between you and others to avoid spreading germs and virus
- ▶ Use mobile devices, phones, tablets or computer to safely stay in touch with friends



## FEED YOUR BODY & YOUR MIND

- ▶ Eat good foods such as fruits and vegetables
- ▶ Snacking is okay, but keep it to a minimum



## SNOOZE TIME

- ▶ Keep a routine by getting up and going to bed the same time each day
- ▶ Naps are good! Take a short nap during the day to recharge



## TAKE CARE OF YOUR BODY

- ▶ Wash your hands often
- ▶ Avoid touching your face and mouth throughout the day
- ▶ Cough and sneeze into your elbow; or use a tissue and discard after
- ▶ Use good personal hygiene daily



## GET ACTIVE

- ▶ Take a walk around your yard
- ▶ Do exercises inside or outside



## RELAX & STAY CALM

- ▶ This is a stressful time, take breaks from news and social media
- ▶ Don't be afraid to talk to an adult if you're feeling stressed or anxious



## Virtual Visits

Meridian offers Virtual Visits through telehealth. If you or someone in your family have a medical or mental health care need, you can arrange a Virtual Visit by calling 866-306-2647!

[MeridianHS.org](https://MeridianHS.org)

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