How to protect your family from COVID-19

COVID-19 can affect everyone. Up to 40% of adults with COVID-19 do not show symptoms and may unknowingly spread the virus. More and more children, teens, and young adults have COVID-19 with serious symptoms and are bringing it home to their family. Here is how you can empower your loved ones to guard against COVID-19 and protect the health of EVERYONE.

Understanding COVID-19

COVID-19 is the disease, SARS-CoV2 is the virus. So technically we don't pass COVID-19 to one another, we pass SARS-CoV2. Below is how SARS-CoV2 is spread.

- **The virus is airborne**, through droplets and aerosols from talking, laughing, singing, sneezing, coughing, and more.
- **The virus is also on surfaces.** You can get it from touching a contaminated surface and then touching your face.

Easy Ways to Guard Against COVID-19

The best way to not catch COVID-19 is to stay at home. That isn't always realistic. Here is what to do when you or anyone in your home leaves for the day:

- **Wear a mask**
- Keep six feet of social distance
- Sneeze or cough into a tissue
- Store your mask in a clean, paper bag
- Don’t touch your face
- Clean and disinfect surfaces regularly
- Wash your hands regularly
- Use hand sanitizer frequently
- Wash cloth masks every day

"I have 2 little kiddos who depend on me."- Jaimie, mother of two
More helpful hints

Social distancing is important to preventing COVID-19. Six feet is about the length of a yoga mat. So ask yourself, "Could I fit a yoga mat between me and the next person?"

Wash your hands after every activity and when you first get home. Be sure to wash for 20 seconds. Clean between your fingers, under your fingernails, and up to your elbows. Use hand sanitizer when washing your hands is not an option.

Airborne COVID-19 is how people usually catch the virus so MASKS WORK!

COVID-19 affects everyone, but some people will experience more severe symptoms. Talk to a health care provider about your risk if you are age 60 and older and/or if you have any of the underlying conditions:

- Cardiovascular disease including hypertension
- COPD/chronic lung disease/moderate to severe asthma
- If you are immunocompromised
- Chronic kidney disease
- Diabetes
- Cancer
- Or have a BMI >=30

Wear a mask that covers your mouth, your nose, and has good coverage around the side of your face. COVID-19 can hang in the air like an odorless perfume long after people are gone, so you need a mask that fits well and should wear it whenever you leave the house.

Are you wearing the right kind of mask?

Denver Health's Chief Medical Officer Dr. Connie Price discusses how to select the right kind of mask to protect you and your family: denverpublichealth.org/ProtectAgainstCOVID