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!

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