

Please join the PCSD in encouraging students to practice good health habits, at home and at school.

These actions include:

- Avoid contact with people that are sick
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Stay home when you are sick, except to seek medical care
- Cover your coughs and sneezes with a tissue
- Clean frequently touched surfaces and objects daily
- Wash your hands often with soap and water for at least 20 seconds
- Use hand sanitizers with at least 60% alcohol
- Choose a room in your home that can be used to separate sick household members

## **[Frequently Asked Questions and Answers: Centers for Disease Control](#)**

### **Cuyahoga County Job and Family Services COVID-19 Assistance Programs Information**

#### **[About Coronavirus Disease 2019 \(COVID-19\)](#)**

From the Centers for Disease Control and Prevention

#### **[COVID-19 Household Checklist](#)**

From the Centers for Disease Control and Prevention

#### **[COVID-19 Resources for Parents and Families](#)**

from the Ohio Department of Health

#### **[Resources for Parents and Families to Support Education at Home](#)**

#### **[How You Can Prevent and Prepare](#)**

from the Ohio Department of Health

#### **[Coronavirus Multilingual Resources](#)**

from the Cuyahoga County Board of Health

#### **[COVID-19 Information](#)**

from the Cuyahoga County Board of Health

**Talking to Your Children About COVID-19**

from the National Association of School Psychologists