Learn in a safe environment.

In a situation like this it is normal to feel sad, worried, confused, scared, or angry. Know that you are not alone, and you can talk to someone you trust, like a parent or teacher, so that you can help keep yourself and your school safe and healthy.

Wear a mask.
It helps prevent spreading the virus.

Be kind.
Don’t tease anyone about being sick.

If you feel sick, stay home.
Tell your parents, another family member, or a caregiver if you feel sick, and ask to stay home.

Wash your hands.
Always with soap and water for at least 20 seconds. If water isn’t available, hand sanitizers can be used.

Practice social distancing.
When you’re at school, keep at least six feet away from others.

For information on our programs supporting school mental health, please contact:
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Obtained and adapted from the World Health Organization.