

**There are things  
I can control now.**

- A) Stay calm
- B) Check inventory
- C) Identify needs
- D) Fulfill needs
- E) Pace myself



# DO THE FIVE

Help stop coronavirus

- 1 HANDS** Wash them often
- 2 ELBOW** Cough into it
- 3 FACE** Don't touch it
- 4 SPACE** Keep safe distance
- 5 HOME** Stay if you can

General public health information

- A Center your experience.**
- B Drink a lot of water.**
- C Sleep and rest deeply.**
- D Exercise your body and mind.**
- E Be kind to yourself.**
- F Respect others.**
- G Wash with soap.**
- H Smile often and laugh much.**
- I Do the right thing.**
- J Be grateful for your life.**
- K Relax. Breathe. Repeat.**



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