### Ways to Help Us Stay Strong & Weather COVID-19 Together

#### Stay home for Nevada. Without a vaccine, limiting your contact with others even if you feel healthy slows down the spread of the disease.

#### Practice good hygiene. Wash your hands, cover your coughs and sneezes; and disinfect frequently-touched items like your cell phone and door knobs.

#### Don’t go to a hospital unless it’s an emergency – call your doctor first.

#### Maintain social distance with kindness. Be courteous to the store clerks, delivery drivers, and fellow residents you meet. Wear a face mask in public places where it’s hard to maintain a 6-foot social distance.

#### Send a thank you note to healthcare workers and first responders.

#### Support our local businesses. Order takeout from a restaurant, or shop for a friend, relative or neighbor.

#### Donate your time, money, talents or needed supplies to a local non-profit helping vulnerable families, seniors and the unemployed.

#### Check on a neighbor or call someone who lives alone.

#### Visit the Nevada Department of Education’s website for family resources in English and Spanish to make learning fun at home: [http://www.doe.nv.gov/](http://www.doe.nv.gov/). Suggestions include involving children in meal preps, creative storytelling, scavenger hunts and taking virtual tours of museums around the world.

#### Don’t flush wipes down the drain – they are causing clogged pipes at homes and our local wastewater treatment facilities.

#### Wear blue in support of our healthcare workers, first responders and everyone on the front lines of our fight against coronavirus. #VegasGoesBlue

#### Fill out your 2020 Census form. It’s important for every household in Nevada to be counted in the U.S. Census. Learn more: [https://www.southernnevadacounts.com/](https://www.southernnevadacounts.com/).