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HEALTH INFORMATION

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Madera County Parents:

The Madera County Department of Public Health is closely tracking the progress of the coronavirus COVID-19. Plans are in place to protect county residents, limit exposure, and address concerns as they arise. **The immediate risk still remains low** for the U.S. public at this time, and there are currently no reported cases in Madera County or surrounding counties.

As a parent there are a number of very effective steps you can take to protect your family.

STEP 1: Hand washing

- Wash hands for at least 20 seconds after using bathroom, before eating, and sneezing
- Regular washing with soap and water
- Using hand sanitizer (use enough to coat hands and rub for at least 20 seconds)
- Practice hand washing methods with your children
- Click on the links for additional videos on hand washing:

STEP 2: Disinfect surfaces

- Clean surfaces: door knobs/handles, tables, cell phones, furniture, etc. at least once a day with your normal cleaning product.
- Throw out trash bags daily

STEP 3: Reduce spread

- If your child is sick with a fever, cough or difficulty breathing DO NOT send them to school, and CALL your primary care provider/hospital for further instructions.
- If you have elderly family members, have them:
 - Avoid large gatherings
 - Avoid contact with sick individuals
 - Stay home as much as possible
- Immediately call the doctor/hospital if symptoms emerge
- Practice social distancing
 - Stay 6 feet away from those who are sick
 - Fist-bump or wave rather than shaking hands
- We do not recommend using masks
 - Transmission happens through touching the face, and masks typically increase that behavior.

Remember, colds and flu are common this time of year. To protect your family practice the STEPS above. For trusted updates on COVID-19 please visit the Madera County Department of Public Health website, <https://www.maderacounty.com/government/public-health>

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