

STOP THE SPREAD: STAY HOME

STAY CONNECTED WHILE SOCIAL DISTANCING

Practice self-care
read a book, listen to music,
have a bath, meditate, bake

Foster family time
keep a routine, make art,
plan activities

Stay healthy
take media breaks, eat a proper meal,
do a free online fitness class

Maintain social connections
call a friend, video chat with
family, host a virtual party



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<http://dphss.guam.gov/2019-novel-coronavirus-2019-n-cov/>