

# COVID-19: COMMUNITY LEADER TALKING POINTS

Thank you for helping the Philadelphia Department of Public Health spread important COVID-19 information in your communities. Please share these messages widely, in your own words – in conversations, media interviews, written or recorded communications.

Talking points for each message are on reverse. These were approved on 4/9/20. Because the situation changes, please check our website ([www.phila.gov/covid](http://www.phila.gov/covid)) for updates.

*For questions, or requests to help you engage your community around COVID-19, contact Mica Root at [mica.root@phila.gov](mailto:mica.root@phila.gov) or 267-349-4241.*

1

## KEEP YOUR DISTANCE

The best way to stay healthy – and keep others healthy – is to keep your distance.

2

## WASH YOUR HANDS

Wash your hands! Good health habits are more important than ever.

3

## USE RELIABLE SOURCES

This situation changes quickly. We all need up-to-date info from reliable sources.

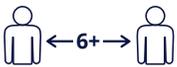
## THANK YOU TO ALL ESSENTIAL WORKERS. TO STAY SAFE AT WORK:



- Wash your hands often.
- Clean surfaces that many people touch.



- Stay six feet from other people as much as possible.
  - This might mean your work goes more slowly. That needs to be ok right now.
  - Signs can help. So can tape, cones, or other markings.



- If your work involves being around others, wear a cloth mask to protect them – and ask them to wear one to protect you. Don't touch your face when you remove your mask, and wash your hands after. Wash cloth masks every day.



- It is fine to wear gloves, but washing hands is more important.



- When you return from work, wash your hands. If your work brings you into contact with others, consider removing your work clothes and showering before coming into contact with people in your home.



- If you need child care, try to:
  - Leave your children in the same care every day.
  - Avoid asking older (60+) people, or people with health conditions (like lung or heart disease, diabetes, cancer).
  - Do not send a sick child to care. Tell your job you need to stay home to look after a sick child. Employers are required to give paid sick time.

PHILLY 311

- If your employer is not taking necessary steps to protect workers, call 311.

# BACKGROUND INFO ON TALKING POINTS



## KEEP YOUR DISTANCE



### Why:

- Coronavirus is in every part of the city.
- People with coronavirus may not have symptoms. Any of us could have it, and could spread it to others – if we get near each other.
- The virus spreads through droplets from infected people, when they sneeze, cough, or even talk. Droplets can travel six feet, as well as attach themselves to doors and high-touch surfaces.

### What keeping distance (“social distancing” or “physical distancing”) looks like:

- Limit in-person contact with other people – including family members you do not live with.
- Stay home as much as possible. Leave only for essential reasons – if you need to work, get groceries, seek medical care, or get some exercise.
- When you have to go out, wear a cloth mask and keep at least six feet from others. Wash your hands often.
- Connecting with loved ones is more important than ever – but by phone or internet, not face to face.

*Not everyone can keep distance between themselves and others. Communities who suffer from economic exploitation and systemic racism are at greater risk of catching coronavirus, and greater risk of getting very sick from it. Many are already fighting other epidemics: violence, addiction, chronic disease. In the longer term, we need to change the injustices in our society that shape these realities. Right now, we also each need to do whatever we can to reduce close contact with people outside our households.*



## WASH YOUR HANDS



- Stay home if you are sick.
- Wash your hands often, with soap and warm water, for at least 20 seconds.
- Use hand sanitizer if soap and water are not available.
- Do not touch your face with unwashed hands. Cover a cough or sneeze with a tissue or your elbow.
- Don't touch surfaces other people might touch if you've coughed or sneezed into your hand.
- Get enough sleep. Eat healthy foods. Move your body. (It's ok to go for a walk, roll, run, or bike ride, alone or with others in your household – keep six feet from others at all times, and go right home after.)
- Call friends, family, and neighbors.
- Enjoy life, even in these tough times. Laugh. Sing. Dance. Admire a tree, the sky, an animal, a child.
- Take care of other health needs. Health care for asthma, HIV/AIDS, diabetes, addiction, and other conditions is still available! City Health Centers serve every language and nationality; you do not need insurance. Calling first prevents spending extra time in a waiting room where others may be sick.



## USE RELIABLE SOURCES



There is lots of untrue information about COVID-19: on social media, in rumors, even in the news. When we're worried, it can be hard to separate fact from fiction.

### For the most accurate, up-to-date information:

- Sign up for City alerts on your phone (in English and Spanish): Text COVIDPHL to 888-777.
- [www.phila.gov/covid](http://www.phila.gov/covid) has current guidance and info on support (in English, Spanish, Chinese, Vietnamese, French, and more). [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus) is a good national source.
- 311 answers general COVID questions and concerns (in 100+ languages); nurses answer health questions 24/7 at 800-722-7112.
- You can watch the M-F 1pm press briefing (in English and Spanish) on the Philadelphia Department of Public Health's Facebook or Twitter, or on Channel 64 (Comcast) or 40 (Verizon).