



Messaging for Youth

Information to Support You During
The COVID-19 Crisis: We are all in this
together, even at a distance

What is COVID-19?

COVID-19 is a new respiratory disease that is spreading person-to-person.

What are the most common symptoms of COVID-19?

Fever, cough, shortness of breath.

How can I protect myself and my family?

Stay home, maintain six feet of distance between other people, frequently wash your hands, avoid touching your face.

Do young people have to worry about COVID-19?

Yes. While cases are more likely to be severe for older adults, severe cases and deaths have been reported in every age group.

The COVID-19 Crisis can be stressful and lonely. Remember, this is only temporary. You will get through this.

- **Stay connected with your friends.** Find ways to connect with your chosen community from afar.
- **Do things that make you happy.** Cuddle your pet. Play video games. Share memes with friends. Try a new dance routine.
- **Be creative.** Now is the perfect time to dive into that creative hobby you have been wanting to try. Share your creations on social media.
- **Make your space.** Pick a place in your house that's just for you and decorate it in a way that makes you feel comfortable and inspired.
- **Maintain a familiar routine.** Get up and go to sleep around the same time every day. Schedule time for school work. Take an hour every day to do something for yourself.
- **Reach out for help by calling the city's 24 hour helpline** at (410) 433 5175. All calls are free and confidential.

Resources and Support for Youth

- **Free Baltimore City meal services:** <https://bit.ly/BaltimoreMeals>
- **Unemployment benefits:** <http://www.dllr.state.md.us/employment/unemployment.shtml>
- **Comcast is offering free/affordable internet access during COVID-19:** <https://bit.ly/ComcastAccessBalt> **and Xfinity hotspots are free:** <https://wifi.xfinity.com/>
- **Baltimore Robotics Center is donating laptops and tablets to students in need:** <http://baltimoreroboticscenter.com/wp/laptop-donations/>
- **Find additional resources to support creativity from Wide Angle Youth Media:** <https://www.wideanglemedia.org/covid-19-resources>

For COVID-19 (Coronavirus) information,
visit **coronavirus.baltimorecity.gov**



**BALTIMORE
CITY HEALTH
DEPARTMENT**