Post Content for SOME Generic Graphics

|  |  |
| --- | --- |
| Graphic Title | Original Post Content – Some of this was written a few months ago, so may not be as accurate now. |
| COVID Cleaning Supplies | Will you be welcoming visitors, customers or employees back to your business? While you're thoroughly cleaning and disinfecting spaces, we want you to do it safely. Since January, the National Poison Control Center received 20% more calls related to cleaner and disinfectant exposure.A few tips:- Follow label directions- Don't mix chemicals- Wear protective gear- Use in a well-ventilated area- Store chemicals out of reach of kidsTo learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](https://l.facebook.com/l.php?u=http%3A%2F%2FHealth.Mo.Gov%2Fcoronavirus%3Ffbclid%3DIwAR3W4_s5d17plVOx3XVg2BOkaDQPmfAqZR1gHcmxrlu0EhNoCv-Btup0SAA&h=AT25-42MiuHiB3okiTmfTqZREHy7Aq5A7pwkWPPaiS3UEMJ3rKUq1JS5yFBWhxMuL51DCTfhvPZObdPpyY9_Ps5nYDAl-w1oWtODx4tYMlYVWsdA8jKtDdtzM-HbTznFpojcacI). |
| COVID Cloth Face Covering Guidance | Do you know how to ensure cloth face coverings protect you? While N-95 respirators should be reserved for healthcare workers and those in direct contact with COVID-19 patient, Missourians may choose to wear a cloth face covering in public. It's very important to avoid touching your eyes, mouth or nose when removing your covering.Here are a few additional tips for homemade face cloths:- Snug fit- Secured with ties or ear loops- Layered with 3-4 pieces of cloth- Made from household items like pillow cases or cotton t-shirts- Cleaned after each useTo see our team's guidance on cloth face coverings, visit our website: [https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/pdf/face-covering-guidance.pdf](https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/pdf/face-covering-guidance.pdf?fbclid=IwAR1cmWOvy53vPXXoVQOMer6PyGwSla7JNYPmhAnuErPeRM9CrSRC62D_MBM).To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR0ChmASZI5fgmNgfV5aEMZsDWtFVmSYXUwr8WPNMnX6RBr4Tvz9iVCDpr0). |
| COVID Mental Health | Taking care of ourselves during the COVID-19 pandemic is of the utmost importance - this includes managing anxiety and your own mental health. Our friends at the [Missouri Department of Mental Health](https://www.facebook.com/MentalHealthMO/?__tn__=%2CdK%2AF-R&eid=ARAI-oviDYfFWArSwD8_Z0Oxt7qnzMHDt1dBMUPB5h_tgMjxaEAMWlyn1-dEkIK5TKpOcUdR-joH240v) provided the following tips to manage your overall health during stressful times:- Avoid information overload—pick a few reliable sources and stay with them- Name your fears and prepare for them- Think outside yourself by helping others- As much as possible, keep some level of routine and consistency in your days- Get regular sleep- Exercise- Eat nutritious foods that are low in sugar- Drink plenty of water- Avoid drinks high in alcohol or caffeine- Find at least one thing to be thankful for each day- Find opportunities for humor and fun- Breathe slowly and deeply when your anxiety is high- Stay emotionally connected to others (but physically distant)To see more self-care guidance from DMH, click here: [https://dmh.mo.gov/disaster-services/self-care](https://l.facebook.com/l.php?u=https%3A%2F%2Fdmh.mo.gov%2Fdisaster-services%2Fself-care%3Ffbclid%3DIwAR0sn52CuRVYd1Ru5t-5PAtxjYEUJJKskbwXrAK9NSSbB4wclKJD9V15XLQ&h=AT0r_uWkJVrRM6ZB3GJyWCF4ziZDUmo_MurFHneoiJk7wFuwEcsc-HXBqyU0wsECNbZAKtBMyk4mgsBPmAZEBlujHIkKIKv3pv9BMkk4C1Cs0CLOAVl5GnmaN1pLBdhX3AbCxyY). To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR0Zb1_3dKr-eGAOXFEEtS64sGpvGO4LySZUbJMwatfsEXBDiLXtgD6lMYw). |
| COVID Plasma Donation | MAKE A DIFFERENCE: We are recruiting fully recovered COVID-19 patients to donate plasma! People who have recovered from the virus may be able to help 3 patients with the virus-fighting antibodies in their plasma. See below to see if you're qualified:- 18+ years old- Not pregnant- Positive COVID-19 test- Symptom free for at least 14 daysThose who are fully recovered from a verified COVID-19 diagnosis can contact the health care institution in their area to be evaluated for eligibility. To see the other ways you can help Missouri's response to COVID-19, please visit [Health.Mo.Gov/coronavirus](https://l.facebook.com/l.php?u=http%3A%2F%2FHealth.Mo.Gov%2Fcoronavirus%3Ffbclid%3DIwAR0IHrcvNEe5W07ljekepSEGyyF5MhyAX_QruSOscNl4E6rMfsezl6rDbvc&h=AT2vdz3u1YMA66n1XHylD3MFWf0Vd5-B2KNupU_2VFlJoXaWnoDPB7ssdAOz8CukILhELiJ5ggMDQevqLrcWuX8_Exu8b6YqGYh2_p23jGDM1OIGz7mSaBAPjBXIcuZFzfsHgSQ). |
| COVID Reliable Information Sources | In the midst of the COVID-19 pandemic, it can be hard to know where to look for reliable, accurate information. The team here at the [Missouri Department of Health and Senior Services](https://www.facebook.com/HealthyLivingMo/?__tn__=%2CdK%2AF-R&eid=ARBVlpTy8Ae7CyFyuNrbAearEV3hx4IXMO3xqG_vzb727ovxf-XfAPxIllUFxIeOjikzUAgP40Q1XRf6) works day in and day out to provide a wide range of information to Missourians across the state. We also recommend utilizing the [CDC](https://www.facebook.com/CDC/?__tn__=%2CdK%2AF-R&eid=ARCKoHWT12jjj0Si5WudmpEIm2ZMaTmWBiPEkF_aakamQPNSQoH7qp_xRARBsW1lvSdk6izHWUldcD8_) and your local public health departments for the latest coronavirus information.CDC: [https://www.cdc.gov/coronavirus/2019-nCoV/index.html](https://www.cdc.gov/coronavirus/2019-nCoV/index.html?fbclid=IwAR0Wh-rhY5EBaZgZZyhUdLQqH8aOhB1B9wTckqwLIe3t8QDUhxCuQMCi9uc)Local Public Health Departments: [https://health.mo.gov/living/lpha/pdf/printablelisting.pdf](https://health.mo.gov/living/lpha/pdf/printablelisting.pdf?fbclid=IwAR3dxqmz7jqdMbmvs11DO7FeSkW06WsOKIh9DdLPeg9s1NLkzZYmmopu5GU)To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR1BAQ1sU2hRUAd5VormDLcdfdfjWFn-3MSiatXLUSqegbv0rrWsOcADk2g). |
| Show Me Strong Recovery 4 Pillars | Remember, the Show Me Strong Recovery Plan isn't like flipping a switch. We have begun our deliberate, careful and data-driven reopening of Missouri's economy. Today, we've seen several health orders being lifted or amended, all with your health & safety in mind. Our plan is built on four strong pillars: testing, PPE, hospital capacity and predictive analysis.To view the Show Me Strong website, visit [ShowMeStrong.Mo.Gov.](http://showmestrong.mo.gov/?fbclid=IwAR2qFZDr_Nq6Jft2qUmvahAUDeN53VttcJ2WlsXInfxit-7sBwBl8_kp3C8) To see what you can continue to do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR1IkX-tVmTmFHIEZUB4z0jLdcN9AyMcTabVdifj_-lv4-OBkGW12fIHHc0). |
| Symptoms Comparison | People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Some have even had no symptoms at all. Symptoms of COVID-19 may appear 2-14 days after exposure to the virus. The list of COVID-19 symptoms now includes: Cough, chills, fever, muscle pain, repeated shaking with chills, sore throat, headache, shortness of breath or difficulty breathing, and new loss of taste or smell. If you have symptoms OR if you suspect you’ve been exposed to the virus, talk with your provider about being tested.To learn more about Missouri’s COVID-19 response and statistics, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR00oqx3G8AN-sCGB9Q2IN7TZyuqnNEdXVxqREFf9G8UBo6zT6Z9f56EZPY). |