

Join the #YouthCanGetIt2 Movement Today

Help Stop the Spread of COVID-19

It is simple, just follow these steps:

- (1) Pick one of the messages below
- (2) Create a post about the message
- (3) Add the #YouthCanGetIt2 to your post
- (4) Tag United Way Rockland with your post at:
Instagram@unitedwayrc and Twitter@unitedwayrockland
- (5) Share your post with friends, and challenge them to make a post
- (6) For a chance to win a gift card, submit your post to Youthcangetit2@uwrc.org. Each week two winning posts will be picked by the Coronavirus Youth Committee. Winners will be notified by email.

Messages

- Stay Home
- Stay 6 feet from other people when out in public
- Wear a face covering/mask covering nose and mouth when out of the home
(buying groceries, exercising outdoors, at work, going for medical care or to a pharmacy)
- Proper Glove use and disposal
(gloves get dirty so don't touch your eyes, nose or mouth with gloved hands; if wearing gloves for an extended period of time, wash your gloved hands often; throw out gloves in a trashcan, not on the ground; remove gloves properly by following this technique
<https://www.globus.co.uk/how-to-safely-remove-disposable-gloves>)
- Wash your hands for at least 20 seconds often during the day
- Cover your cough/sneeze with your arm/elbow or a tissue
- Avoid touching your eyes, nose and mouth with unwashed hands
- Clean frequently touched items - video and TV remotes, phones, computer keyboards, packages

If you need more information on the above messages, visit the following sites. It is very important that you only use the following sites to gather information for your post.

Rockland County Department of Health COVID-19 page

<https://rocklandgov.com/departments/health/coronavirus-covid-19/>

New York State <https://www.ny.gov/>

New York State Dept of Health <https://coronavirus.health.ny.gov/home>

Centers for Disease Control and Prevention <https://coronavirus.health.ny.gov/home>

United Way of Rockland: https://www.uwrc.org/covid19_youth.html

For questions: Carrie Steindorff, Rockland County Health Dept. *(845) 364-2360 * SteindoC@co.rockland.ny.us
Dana Treacy, United Way of Rockland * (845) 358-8929 * dtreacy@uwrc.org