

COVID-19 BEST PRACTICES FOR TEENS AND YOUNG ADULTS

ENGAGE IN SAFE AND MINDFUL SOCIAL TIME

- Wear a mask made of at least two layers of fabric over your chin, mouth, and nose
 - See friends and family while staying six feet apart outdoors
 - Wash your hands with soap and water frequently and carry hand sanitizer
 - Avoid unnecessary socializing or travel, especially across state/country borders
 - Modify activities to encourage social distancing by interacting outdoors, utilizing drive-through or curbside pick-up options, and using online tools to meet virtually
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TAKE CARE OF YOUR MENTAL HEALTH

- Create a daily schedule to stay organized
 - Talk to a friend or family member on the phone about how you are feeling
 - Decompress by taking deep breaths, meditating, journaling, reading, or doing yoga
 - Find activities you enjoy at home and set aside time for them
 - Join virtual clubs and activities to stay in touch with your interests or discover new ones
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CONSULT ADDITIONAL RESOURCES

- *COVID-19 Toolkit for Ages 15-21:* [cdc.gov/coronavirus/2019-ncov/communication/toolkits/young-people-15-to-21.html](https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/young-people-15-to-21.html)
- *COVID-19 Support for Teens and Young Adults:* [cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/young-adults.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/young-adults.html)
- *Mental Health Resources for Teens and Young Adults:* www.nami.org/Your-Journey/Teens-Young-Adults
- *Additional Information About Face Masks:* [hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-face-masks-what-you-need-to-know](https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-face-masks-what-you-need-to-know)