

UNDERSTAND NEBRASKA'S DIRECTED HEALTH MEASURES



nebraskachildren
AND FAMILIES FOUNDATION

All of Nebraska is now under a
“Directed Health Measure”
which is to help slow the spread of COVID-19.



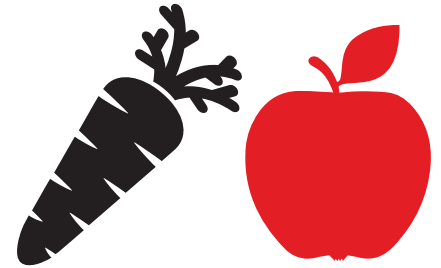
STAY HOME.

If you are sick or if someone
you live with is sick or you are
not required to go to work.



If you have a fever of 100.4 or above,
experience a sudden onset of a cough
(not related to seasonal allergies or
other medical diagnosis), have tested
positive or live with someone that
has tested positive for COVID-19,
you must stay home for 14 days.

Shop as little as possible.
Go to the grocery store once per
week, go alone and be quick.
Avoid browsing.



Keep at least
6 feet of distance
from anyone you
do not live with.



**Cover your nose
and mouth.**
Wear a cloth mask when
you are out in public.

**Parks, schools, and
public areas are closed.**
No public gatherings are
allowed right now.



WHAT CAN I DO?

CONNECT WITH
FRIENDS AND FAMILY



TRY ART



FIND NEW
MUSIC



GAMING



READ BOOKS



CLEAN YOUR HOME

