# Do it for Yourself and Your Friends

Updated Oct. 21, 2020

[[\*sk1\*]]

https://www.cdc.gov/coronavirus/2019-ncov/downloads/Young-Mitigation-recommendations-resources-toolkit-HS.pdf

[[\*sk1\*]]If you have or think you have COVID-19

[[\*sk1\*]]

Stay home, get rest, and hydrate

[[\*sk1\*]]

And later you can …

Pictures: Four separate pictures with people taking part in the following activities: riding a skateboard and scooter in a park, camping outside, surfing in the ocean, and watching a movie in a theater.

cdc.gov/coronavirus