



Doing My Part 60 Sec PSA

As a mom of two small girls, I'm doing my part to keep myself – and my girls – as safe and as healthy as I can.

Not only am I sanitizing toys and frequently touched surfaces more often, I'm also following the CDC's guidance when it comes to keeping our home clean. We've also focused on mindful handwashing with warm water and soap for at least 20 seconds. Each day, I make sure we enjoy some time outdoors in the sunshine, that we're avoiding junk food, and that we all get adequate rest each night.

When I leave the house for essentials, I always wear a face covering and do my best to follow social distancing guidelines.

This is definitely an adjustment for us, but I'm committed to a healthier new normal for me and my daughters.

Join me, and do your part to stop the spread of COVID-19. For more information about COVID-19, visit Alabama-Public-Health-dot-gov.

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