



## 5 KEY MESSAGES FOR FAMILIES



**Wear a mask if you leave your home – every time. And if you must leave home, try to keep the numbers going with you to a minimum. These are the best ways to keep our community healthy. Remember, kids under the age of two should NOT wear masks because of the risk of suffocation.**

Sign up for Bright By Text for timely resources, simple encouragements, and supports for caregivers:  
[www.bit.ly/SMARTATX](http://www.bit.ly/SMARTATX)



For the well-being of young children, keep home routines going as much as you can, include daily [talking, playing, reading, and singing](#).

Fill out the Census at [www.MyCensus2020.gov](http://www.MyCensus2020.gov) to ensure our community has the resources and representation we need for the next 10 years.



Call 2-1-1 or visit [www.ConnectATX.org](http://www.ConnectATX.org) to access information about basic needs, including food, childcare, mental health, physical safety, and more.