

HANDWASHING

is your superpower!





Hands that look clean can still have icky germs!



WASH YOUR HANDS!



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Stop the spread of germs that can make you and others sick!



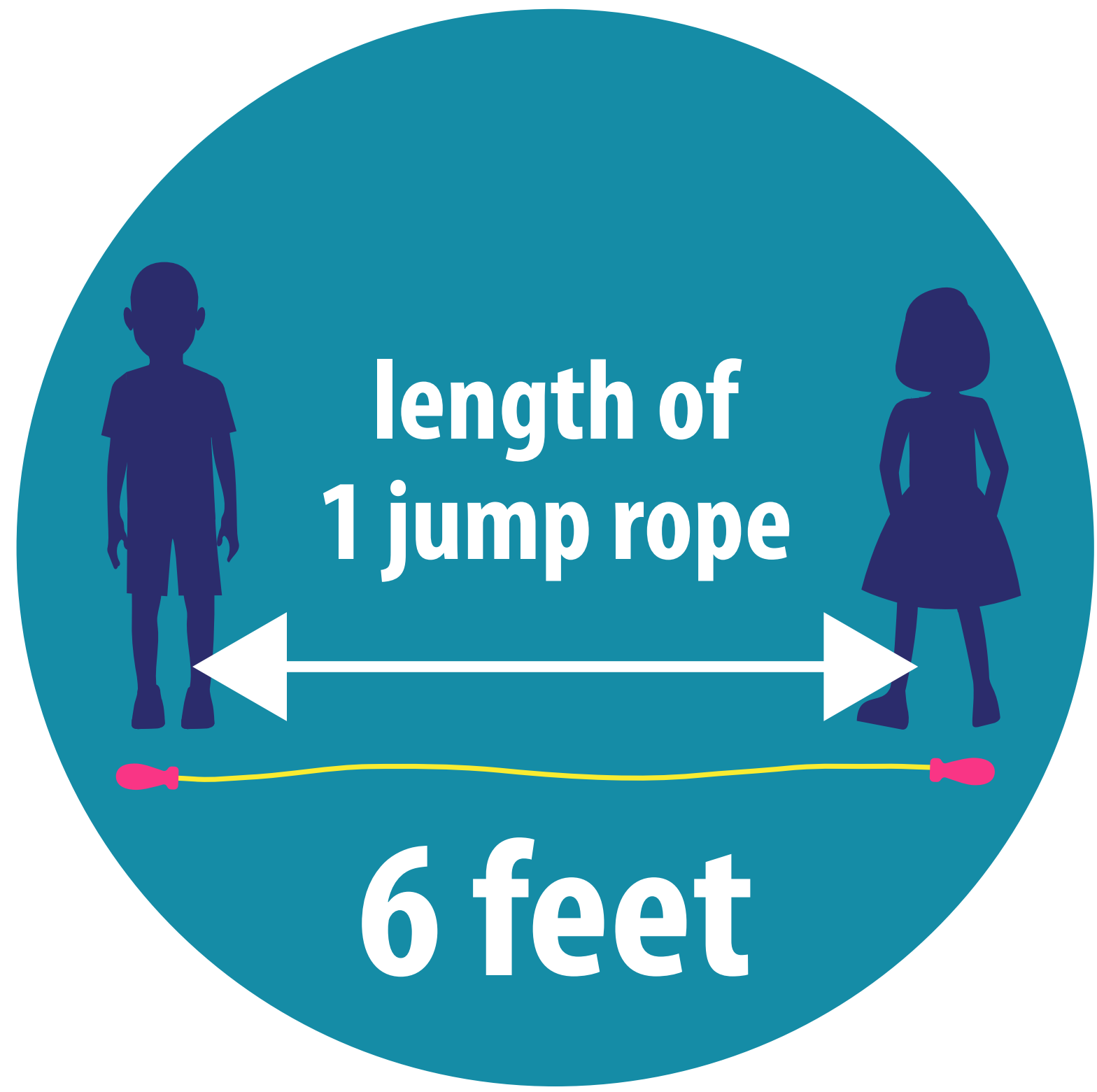
Wash your
hands often



Wear a cloth
face cover



Cover your coughs
and sneezes



Keep **6 feet** of space
between you and
your friends

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



Stay at least 6 feet (about 2 arms' length) from other people.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.



When in public, wear a cloth face covering over your nose and mouth.



Do not touch your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.

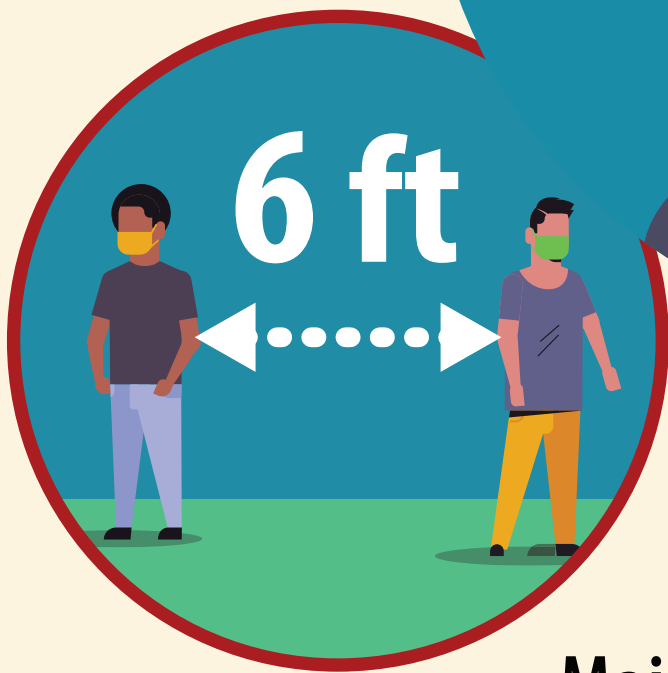


Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/coronavirus

Please wear a cloth face covering.



**Maintain a distance of 6 feet
whenever possible.**



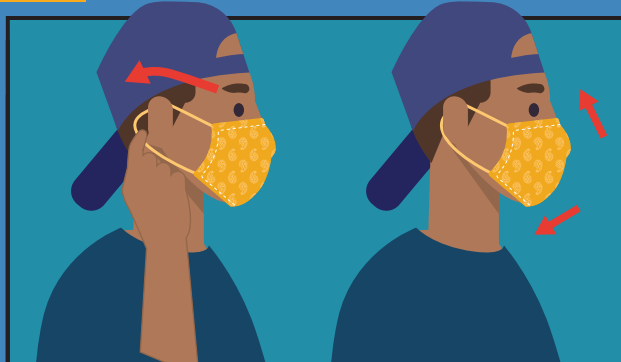
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Wear a Cloth Face Covering to Protect You and Your Friends

PUT ON



WASH YOUR HANDS



PLACE OVER NOSE AND MOUTH

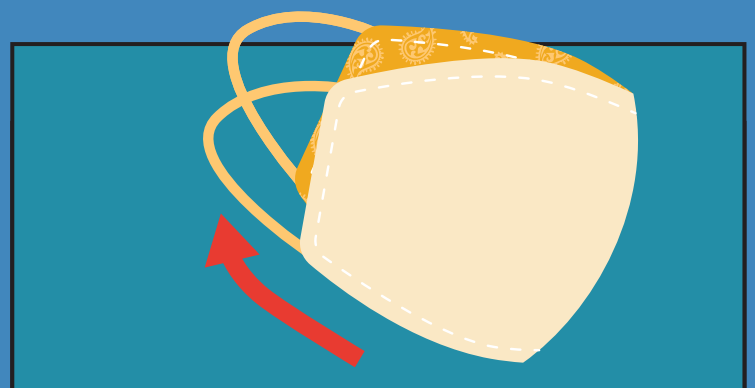


MAKE SURE YOU CAN
BREATHE EASILY

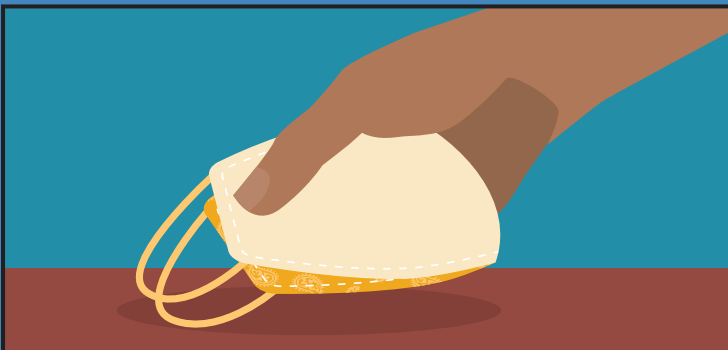
TAKE OFF



TAKE OFF YOUR FACE COVERING



FOLD OUTSIDE CORNERS TOGETHER



PUT ASIDE FOR WASHING



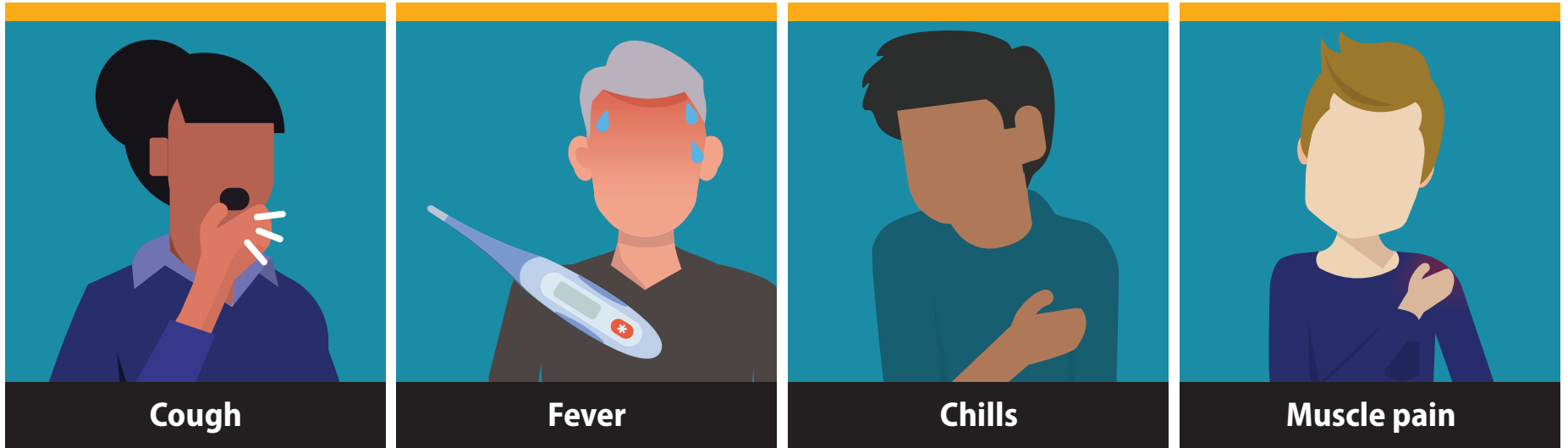
WASH YOUR HANDS

WASH YOUR HANDS OFTEN, WEAR A MASK, AND
STAY 6 FEET FROM OTHERS.



Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Help Protect Yourself and Others from COVID-19



Stay 6 feet from others



Wear a cloth face covering



Wash your hands often

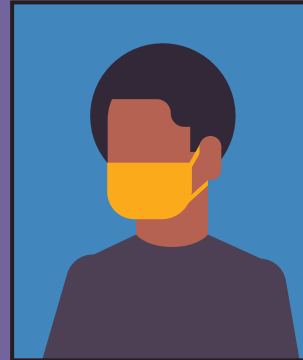


[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

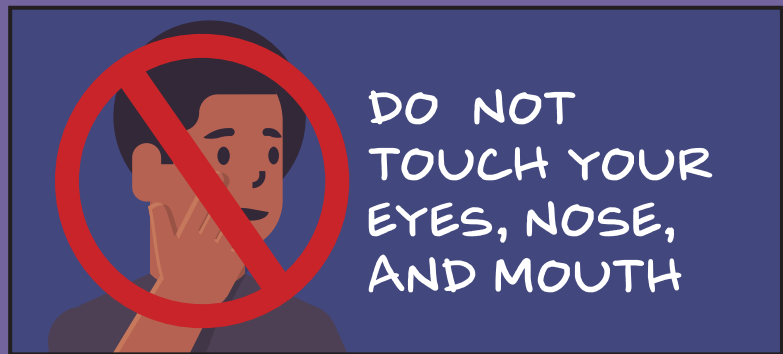
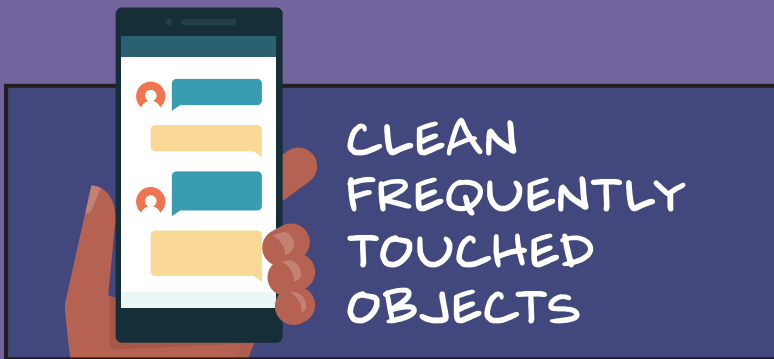
Slow the Spread of COVID-19



WHEN OUT WITH YOUR FRIENDS,
WEAR A CLOTH FACE COVERING



AND STAY
6 FEET APART
FROM OTHERS



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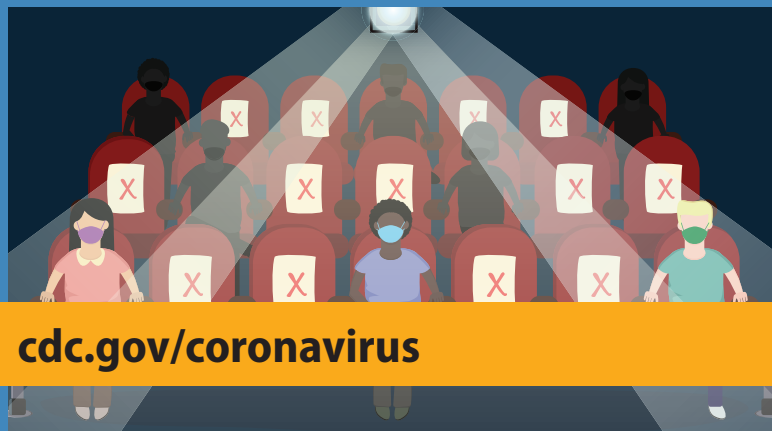
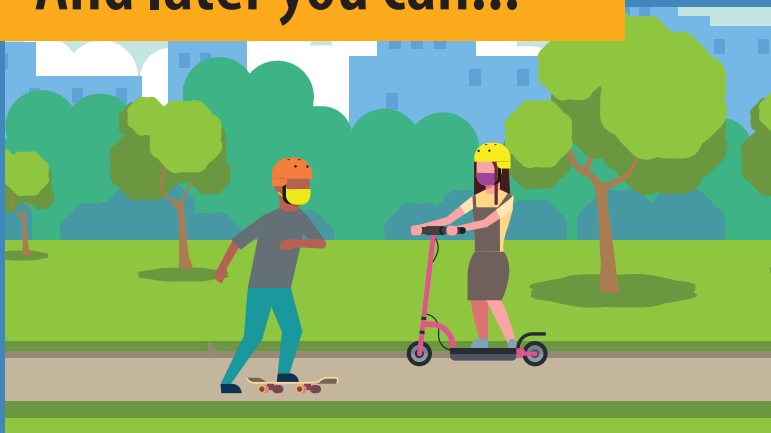
Do it for Yourself and Your Friends

If you have or think you have COVID-19

Stay home, get rest, and hydrate



And later you can...

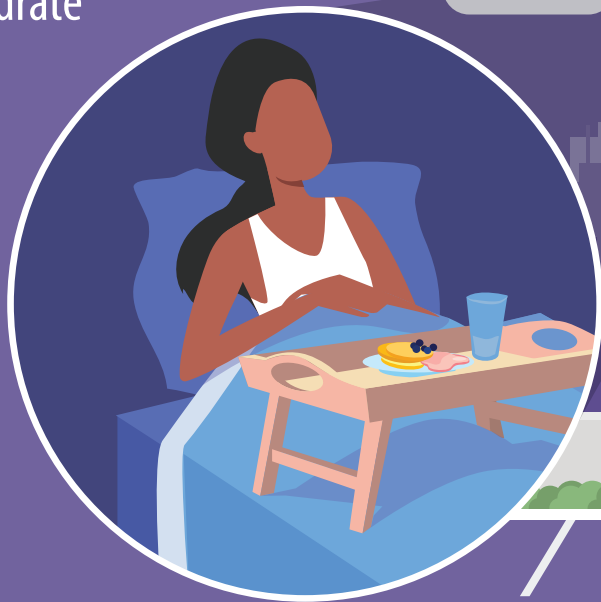


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What Your Test Results Mean

If you test positive, stay home

- Separate yourself from others
- Rest & hydrate



If you test negative, prevent getting sick by

- Social distance
- Wear a face covering
- Wash your hands



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