Wash Your Hands Often

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

- Before preparing or eating food.
- Before touching your face.
- After leaving a public place.
- After blowing your nose, coughing, or sneezing.
- After handling your mask.

Source: Centers for Disease Control
Beat COVID-19 to the Punch

Wear Your Mask

- Wear a mask that covers your mouth and nose and fits closely on the sides of your face.
- Store used masks in a sealed plastic bag. Wash them often.
- Place your mask in a paper bag, pocket or purse when eating or drinking.
- Wash your hands after removing your mask and after putting it back on.

Source: Centers for Disease Control
Let’s Have A Clean Fight

Keep Masks Clean

- Wash your hands before you mask up.
- Handle only by ear loops or ties when putting on/taking off.
- Don’t touch the mask when you’re wearing it.
- Wash cloth masks with your laundry at the warmest appropriate setting.

Source: Centers for Disease Control
Keep Your Guard Up

Social Distance

Remember to social distance when:

- Accepting deliveries.
- Shopping and waiting in lines. Abide by social distancing stickers on store floors.
- Exercising indoors and outdoors. Avoid busy areas.

Source: Centers for Disease Control