

Practice social distancing by putting space between yourself and others. Continue to practice healthy habits to help slow the spread of #COVID19.

Learn more about staying safe and healthy at [cdc.gov/covid19](https://www.cdc.gov/covid19) #CDC #PublicHealth

Cloth Face Covering Do's & Don'ts:

DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- ✗ Use on children under age 2
- ✗ Use surgical masks or other personal protective equipment (PPE) intended for healthcare workers



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

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.

6 ft



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

COVID-19 May 12, 2020 4:01 PM