

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.



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

Slow the Spread of COVID-19



WASH YOUR HANDS OFTEN



WHEN OUT WITH YOUR FRIENDS, WEAR A CLOTH FACE COVERING

AND STAY 6 FEET APART FROM OTHERS



CLEAN FREQUENTLY TOUCHED OBJECTS



DO NOT TOUCH YOUR EYES, NOSE, AND MOUTH



COVER YOUR COUGHS AND SNEEZES



STAY HOME IF YOU ARE SICK



[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)

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...



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