

Help Keep Your Self, Friends, Family and Others and Safe from COVID-19

Wear a Face Covering (state guidelines requirement is ages 5 and up)

Wear a face covering that covers your nose and mouth to slow the spread of the virus. The person wearing the mask/face covering - YOU - prevents spreading respiratory droplets to others. This helps people who may have the virus and do not know it, from transmitting the virus to others. Face coverings are required. Have your face covering with you at all times. Wear your face covering when walking around, talking with friends and family, inside a building or whenever you might be within 6 feet of anyone not in your personal household.

Times you may not wear a mask and when it is especially important to maintain your distancing are:

- When eating
- When swimming
- When sleeping
- When all persons you are with are 6 feet away and sitting down
- When by yourself or personal household where no one will come into your 6-10 foot circle

Watch your Physical Distancing:

Maintaining a minimum of **6-foot distance** between persons and cohorts to decrease transmission of respiratory droplets. Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. These droplets usually travel around 6 feet (about two arms lengths)

Wash or Sanitize Your Hands:

- **Wash hands** with Soap and water, for a minimum of 20 seconds. Avoid touching your eyes, nose, and mouth with unwashed hands.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

- **Hand Sanitizing:** Using alcohol-based sanitizer of 60% or more. Rub your hands together until they feel dry, that is when the sanitizing occurs.

Clean (Removing dirt), **Sanitize** (Decreasing percent of germ/virus) and **Disinfect** (Removing germ/virus) all equipment and surfaces after using them.

Stay out side as much as possible!