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
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
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

cdc.gov/coronavirus
Slow the Spread of COVID-19

- Wash your hands often
- AND STAY 6 FEET APART FROM OTHERS
- Clean frequently touched objects
- Cover your coughs and sneezes
- When out with your friends, wear a cloth face covering
- Do not touch your eyes, nose, and mouth
- Stay home if you are sick

[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
Stay Safe at the Pool/Beach

- Stay 6 feet away from others
- Wear a cloth face covering when not in water
- Wash your hands often

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