Handwashing is your superpower!

Fight off germs!

Wash your hands!

cdc.gov/coronavirus
Wash your hands!

1. Wet
2. Get Soap
3. Scrub
4. Rinse
5. Dry

Hands that look clean can still have icky germs!
Stop the spread of germs that can make you and others sick!

- Wash your hands often
- Wear a cloth face cover
- Cover your coughs and sneezes
- Keep 6 feet of space between you and your friends

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.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
- When in public, wear a cloth face covering over your nose and mouth.
- Do not touch your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.
Please wear a cloth face covering.

Maintain a distance of 6 feet whenever possible.

cdc.gov/coronavirus
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.

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Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:

- Cough
- Fever
- Chills
- Muscle pain
- Shortness of breath or difficulty breathing*
- Sore throat
- New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

*Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
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
Slow the Spread of COVID-19

- Wash your hands often
- Wear a cloth face covering when out with your friends
- Cover your coughs and sneezes
- Clean frequently touched objects
- Stay home if you are sick
- Do not touch your eyes, nose, and mouth
- Stay 6 feet apart from others

[Website: 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]
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

[Image of a building] 6 ft [Image of people at a safe distance]

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