

EASY RULES FOR COVID-19 HYGIENE AND SOCIAL DISTANCING

If you have tested positive for Covid-19 – **STAY HOME**

Wash your hands often

- Wash your hands with soap and water for at least 20 seconds, sing the Happy Birthday song twice. If soap and water are not available, use hand sanitizer.
- Avoid touching your eyes, nose and mouth.

Cover coughs and sneezes with a tissue

- Throw tissue away and sanitize your hands.

Use cloth face coverings

Social distancing

- Stay 6 feet apart when feasible. Politely let people know if they are too close to you.

Avoid sharing objects and surfaces

- Electronic devices, toys, books and other games or learning aids.
- If surfaces are dirty, clean them.

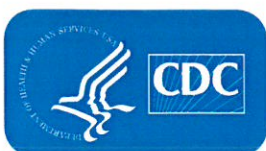
Carry your own water

Monitor your health

- How do you feel? Let someone know if you do not feel well.
- Take your temperature or have someone take it.

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



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