CDC Signage
Semi-custom
WASH YOUR HANDS!

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

Insert school’s logo here
**How to Safely Wear and Take Off a Cloth Face Covering**

**WEAR YOUR FACE COVERING CORRECTLY**
- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2

**USE THE FACE COVERING TO HELP PROTECT OTHERS**
- Wear a face covering to help protect others; even if you don’t have symptoms
- Keep the covering on your face the entire time you’re in public
- Don’t put the covering around your neck or upon your forehead
- Don’t touch the face covering, and, if you do, clean your hands

**FOLLOW EVERYDAY HEALTH HABITS**
- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

**TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU’RE HOME**
- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside朝内 together
- Place covering in the washing machine
- Wash your hands with soap and water

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**Cómo usar y quitarse una cubierta de tela para la cara de manera segura**

**USE SU CUBIERTA DE TELA PARA LA CARA CORRECTAMENTE**
- Cubra las narices y la boca
- Asegúrese de que la cubierta de tela cubra su nariz y boca y que esté firme debajo de los ojos
- Evite tocar su rostro para evitar tocar sus ojos, nariz o boca
- No se ponga una mascarilla a un niño menor de 2 años

**USE LA CUBIERTA DE TELA PARA LA CARA PARA AYUDAR A PROTEGER A LOS demás**
- Lave una cubierta de tela para la cara para ayudar a proteger a los demás en caso de que estén infectados, pero no tenga síntomas
- Límpie sus manos todo el tiempo que estén en un lugar público
- No se la lleva cuando se la dice sobre la frente
- No se la toque, y si lo hace, limpielo las manos

**PRACTICHE HÁBITOS DE SALUD COTIDIANOS**
- Manténgase a raya a dos pies de los demás
- Evite el contacto con otras personas que estén enfermas
- Lávese frecuentemente las manos con agua y jabón por al menos 20 segundos cada vez
- Use un desinfectante de manos si no hay agua y jabón disponibles

**QUIÉSE LA CUBIERTA DE TELA PARA LA CARA CON CUIDADO, CUANDO ESTÉ EN CASA**
- Quítese la cubierta de tela para lavarla en la lavadora automática
- Lave las manchas con agua y jabón

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The image also includes a mention of official websites for health information, such as cdc.gov/coronavirus.
Stop the Spread of Germs

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

6 ft

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.

cdc.gov/coronavirus

Please wear a cloth face covering.

Maintain a distance of 6 feet whenever possible.

6 ft

cdc.gov/coronavirus
Share facts about COVID-19

Know the facts about coronavirus (COVID-19) and help stop the spread of rumors.

**FACT 1**
Diseases can make anyone sick regardless of their race or ethnicity.
Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT 2**
For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.
Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

**FACT 3**
Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.
For up-to-date information, visit CDC’s coronavirus disease 2019 web page.

**FACT 4**
There are simple things you can do to help keep yourself and others healthy.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- When in public, wear a cloth face covering that covers your mouth and nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FACT 5**
You can help stop COVID-19 by knowing the signs and symptoms, which can include:
- Fever
- Cough
- Shortness of breath
Seek medical attention immediately if you or someone you love has emergency warning signs, including:
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

cdc.gov/coronavirus