

Time → Distance → Masks → Hands!



TIME: The more time you spend with non-household members, the more at risk of spreading the virus or getting the virus.

Limit time with non-household members. Even small gatherings have the potential to spread the virus.



DISTANCE: Keep at least 6 feet or more away from non-household members. If you are exercising, singing, yelling or speaking loudly you will need to stay about 12 feet away.

Wear Your Mask Correctly



DO NOT wear your mask below your nose.



DO wear your mask above your nose and below your chin.



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

MASKS: Properly wearing a face mask is a sign of kindness and respect for those you are around. Some people have underlying health conditions you can't see.

Make sure you cover your nose and mouth and have your mask under your chin.



www.cdc.gov/HandHygiene

HANDS: Remember to wash your hands frequently with soap and water. Take 20 seconds to wash the germs away. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

Frequently sanitize shared spaces/items.

