

STOP THE SPREAD

CDC: "Wash your hands often."

- Wash your hands often **with soap** for at least **20 seconds**.
- Use hand sanitizers with **70% alcohol** if handwashing stations are not available.

Wash your hands.



2x Row Row Row
Your Boat Song
= 20 seconds



CDC: "Avoid close contact."

- Stay **6 feet apart** from other people in public.
- Maintain a **safe distance** with people who are sick in your home.

Maintain a safe distance.



CDC: "Cover your mouth and nose with a mask when around others."

Wear a mask and wear it properly. The mask should cover the following:



Mouth



Chin



Nose

Wear a mask.



Follow all other guidelines-- washing hands and social distancing-- while wearing a mask.

CDC: "Monitor Your Health Daily."

Check your health from time to time. Some symptoms for COVID-19 include:



Coughing



Shortness of breath



Fever

Watch your health.



If you develop symptoms, **monitor your temperature** and seek medical care.