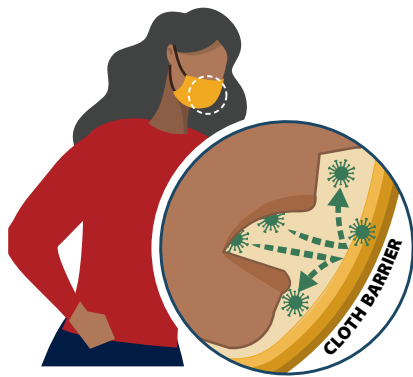
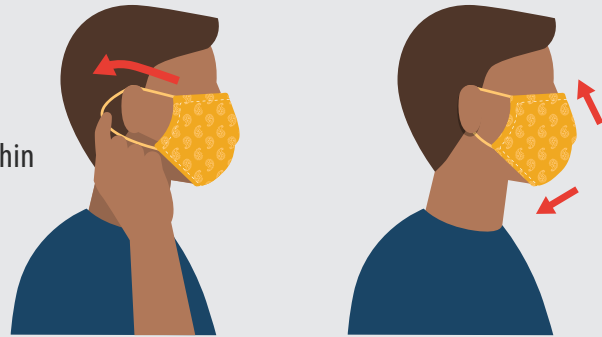


How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

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 cloth face coverings in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain
- Don't put the covering around your neck or up on 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 corners together
- Place covering in the washing machine
- Wash your hands with soap and water



Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

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

March 17, 2020

Dear friends,

These are indeed challenging and uncertain times. As always, we remain concerned for your health and we strive to provide you with the most up-to-date information.

The best way to prevent COVID-19 (coronavirus) infection is to follow the guidelines from the Centers for Disease Control and Prevention (CDC):



- Wash your hands with soap and water, for 20 seconds
- Hand sanitizer must contain at least 60% alcohol
- Avoid touching your eyes, nose or mouth



- Avoid close contact with people who are sick.
- Put distance between yourself and others.



- Stay home if you are not feeling well.



- Cover coughs and sneezes with a tissue
- Throw used tissue in the trash
- Immediately wash your hands or use hand sanitizer



- Clean and disinfect frequently touched surfaces daily



- Wear a mask when you are around others
- Social Distancing-keep about 6 feet between yourself and others

Remember: Older adults and people with underlying chronic illness are at higher risk for serious complications from COVID-19 illness.

Please call your healthcare provider if you have any of the following symptoms: Cough, fever, shortness of breath.

More information can be found on the CDC websites:

- <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html#Have-supplies-on-hand>