

# STOP THE SPREAD OF GERMS

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

**Stay at least 6 feet (about 2 arms' length)  
from other people.**



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

CS31917B May 12, 2020 4:01 PM

# CORONAVIRUS DISEASE 2019

(COVID-19)

**Social distancing** means



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

# CORONAVIRUS DISEASE 2019

(COVID-19)



**Social distancing** means putting space between yourself and others.

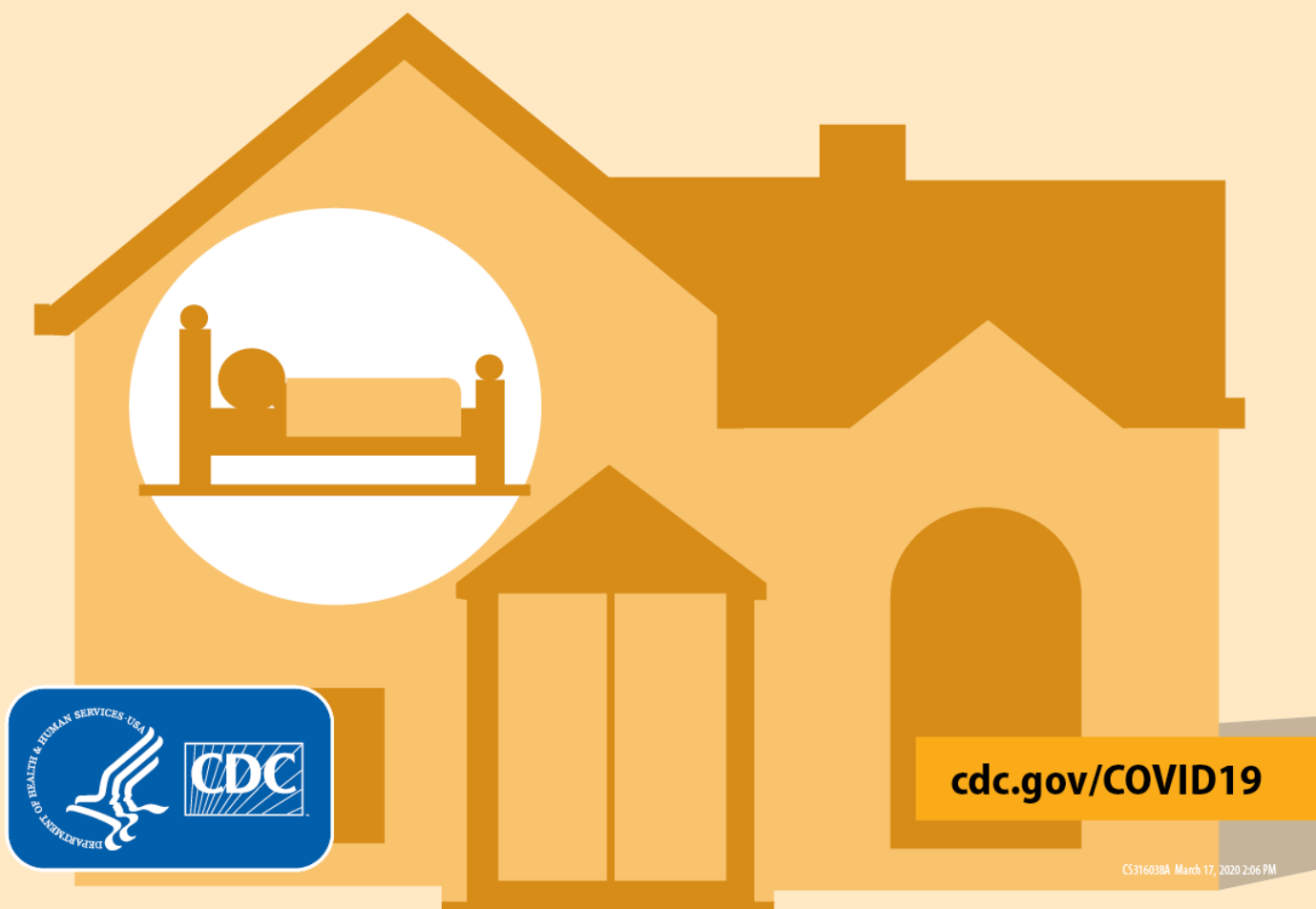


[cdc.gov/COVID19](https://cdc.gov/COVID19)

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**Stay home when you are sick,  
except to get medical care.**



[cdc.gov/COVID19](https://cdc.gov/COVID19)

CS316038A March 17, 2020 2:06 PM

# Cloth Face Covering Do's & Don'ts:

## DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

## DON'T:

- ✗ Use on children under age 2
- ✗ Use surgical masks or other personal protective equipment (PPE) intended for healthcare workers



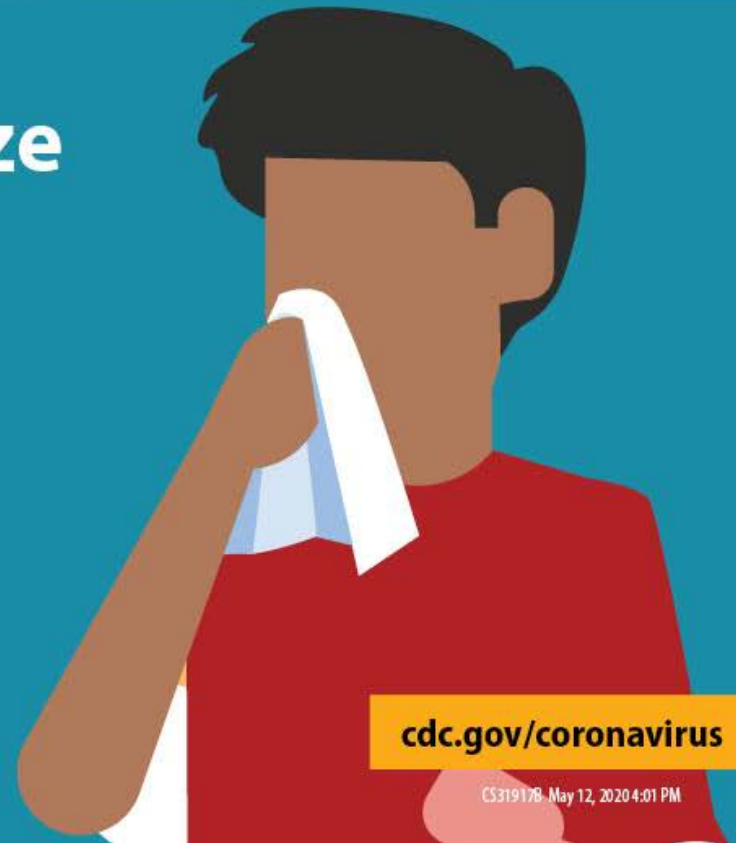
[cdc.gov/coronavirus](https://cdc.gov/coronavirus)



# STOP THE SPREAD OF GERMS

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

**Cover your cough or sneeze  
with a tissue, then throw  
the tissue in the trash  
and wash your hands.**



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

CS319178 May 12, 2020 4:01 PM

# STOP THE SPREAD OF GERMS

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

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



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from other people.**



**6 ft**



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