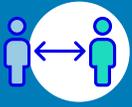


# Help Stop the Spread of COVID-19



**Maintain a physical distance** of at least 6 feet from other people.



**Wash your hands with soap and water** for 20 seconds, or use a hand sanitizer that contains at least 60% alcohol.



**Wear a cloth face covering or mask** when in public places.



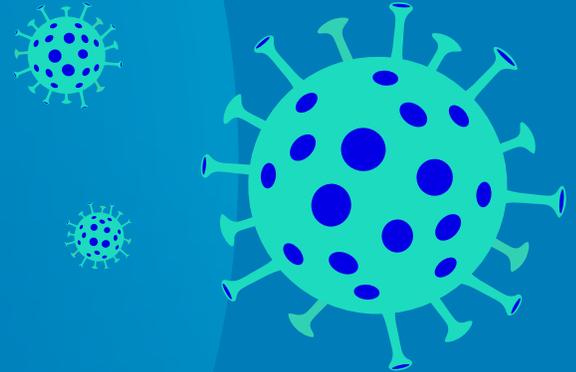
**Wipe down or clean high-touch surfaces** like light switches, doorknobs or counters.



**Stay home if you do not feel well.**



**Stay outdoors** – engage in outdoor activities whenever possible but remember to stay 6 feet apart



## Masks

### *What You Need to Know*



**Wear a cloth face covering or mask** when in public places.



**Masks should cover your nose and mouth.**



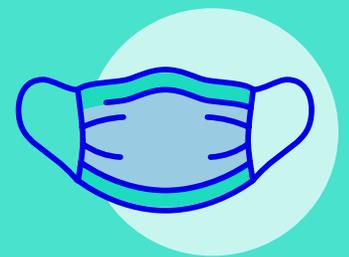
**Wash your hands or use hand sanitizer** before touching, putting on or taking off your mask.



**Wash cloth face coverings or masks** after each use.



**Most people DO NOT need medical-grade face masks or N95 respirators** – save these for health care providers.



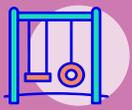
# For Parents



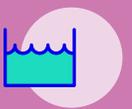
**Children 2 years and older** should wear a mask in public places.



**Ensure children are up to date** on vaccines and routine health care appointments.



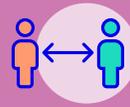
**Avoid playgrounds** – it is difficult to maintain physical distance and ensure that surfaces are clean.



**Wash clothes and toys regularly.**

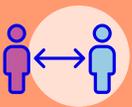
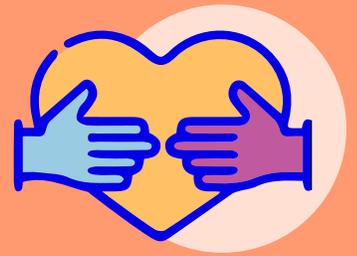


**Limit interactions** with people who are at high risk, such as grandparents.



**Limit interactions with other children.**

# For Older Adults and Individuals with Underlying Conditions



**Limit interactions** with people outside of your household.



**Continue medications** unless advised otherwise by your health care provider



**Maintain at least a two-week supply of prescription and non-prescription medications.** Discuss options, such as mail-order or a 60- to 90-day medication, with your provider to reduce trips to the pharmacy.



**Stay up to date with vaccinations.**



**Seek medical care when needed** – do not avoid the hospital or your provider's office. Call them and ask about specific precautions being taken to protect patients from COVID-19.



**Contact your health care provider** if you do not feel well or think you may have COVID-19.