



What to say to people about COVID-19

Go outside every day for exercise

- Go outside every day to get fresh air and exercise, wear a mask and stay 6 feet from people.
- Stay away from public places where there are many people. It's better to go outside in the morning or later in the evening, when less people are around. Wear a mask.
 - Remember that many people without symptoms may be able to spread the virus.
- When you go out, if you are able to keep 6 feet apart from others it's not necessary to change clothes or take a shower when you return home. You can do this if you want to, but it is not necessary. This includes taking walks, shopping for food and visiting the pharmacy.

Masks and face covering (like a bandana or scarf)

- Cloth masks and face coverings help slow the spread of coronavirus from person to person. By wearing a mask, you are helping to keep others safe.
 - Masks and face coverings are not a substitute for physical distancing, keep 6-feet between yourself and others.
- When outside, masks should remain on and cover the mouth and nose for the entire trip outside the home.
 - When you take a mask off, do not touch the front (use the ties or loops around the ears) and wash your hands right away.

Wash Hands Often

- Washing hands frequently is better than wearing gloves. The CDC does not recommend wearing gloves to avoid COVID-19, **unless** you are cleaning or caring for someone who is ill.

Handling Food and Washing Clothes

- There is no evidence that you can get COVID-19 by touching food boxes or bags. It is not necessary to clean food boxes or bags before putting them away to stay safe. If you wish, you can wipe down glass or cans, particularly if you are going to use them right away.
- The virus does not live long on clothes. Wash clothes as usual with detergent and then dry them with heat. This is good enough, unless cleaning up after someone who you know is sick with COVID-19.