Coronavirus is spread easily and is deadly. Cover your nose and mouth with a cloth face covering when you have to leave the house to help stop the virus from spreading.

**Cloth face coverings** include scarves, bandanas or cloth face masks. **Do NOT** use a face mask meant for a healthcare worker.

**Wash your cloth face covering often** especially after sneezing or coughing.

**Do not place a cloth face covering** on children under 2 years old, someone who has difficulty breathing or who can’t remove it on their own.

**Do not move** the cloth face covering from your mouth and nose after you put it on.

**Do not touch** the cloth face covering, or your face, eyes, nose and mouth while you are wearing it.

**Practice social distancing** and stay at least 6 feet away from people when in public, even when wearing a cloth face covering.

Sources: COVID-19 Health Literacy Project, CDC.gov
Other language resources: www.cdc.gov/pubs/other-languages

For more information, visit covid19.mcw.edu