

# CARDINALS HELPING CARDINALS

## STAY SAFE



### WASH YOUR HANDS OFTEN

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.



### COVER COUGHS AND SNEEZES

If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue or use the inside of your elbow when you cough or sneeze.



### AVOID CLOSE CONTACT

Social distance by staying at least 6 feet apart from others that you do not live with. Remember that some people without symptoms may be able to spread virus.



### CLEAN AND DISINFECT REGULARLY

Clean AND disinfect frequently touched surfaces daily. If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection. After cleaning, use a household disinfectant.



### WEAR A FACE MASK/COVERING

Everyone should wear a cloth face cover when they have to go out in public. The cloth face cover is meant to protect other people in case you are infected. Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.



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