

# COVER IT



# CONTAIN IT

# WEAR A MASK

The CDC now recommends everyone wear a cloth face mask when in public in order to prevent community spread of COVID-19.

Cover your nose and mouth with a cloth face mask when out of your home for essential activities, including:

- Grocery stores
- Pharmacies
- Walking in your neighborhood

## DON'T FORGET!

You should still maintain social distancing guidelines

6 feet of distance between yourself and others.



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