



Do the Five

Help STOP the Spread of Coronavirus



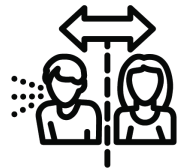
1. HANDS - Wash them often.

2. ELBOW - Cough into it.



3. FACE - Don't touch it.

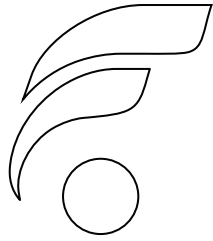
4. FEET - Stay 6 feet from others.



5. FEEL - sick? Stay home!

BONUS - MASK - Have one? Wear it.





Keep
Safe
and
Wash
Your
Hands

Bandana Face Covering

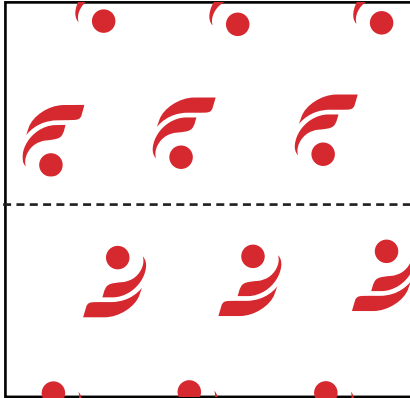
(no sew method from CDC website)

Materials Needed

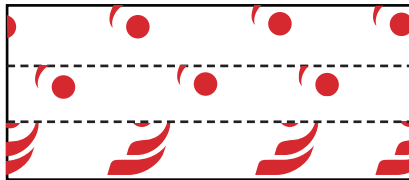
- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial

1. Fold bandana in half.



2. Fold top down. Fold bottom up.



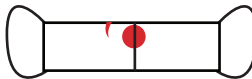
3. Place rubber bands or hair ties about 6 inches apart.



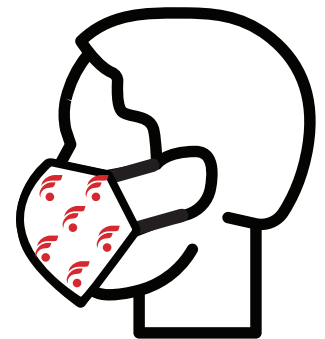
4. Fold side to the middle and tuck.



- 5.



- 6.





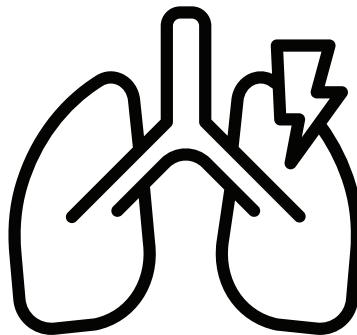
STOP!

Stay home when you are feeling sick.

If you feel unwell or have the following symptoms please leave the building and contact your health care provider. Then follow-up with your supervisor.



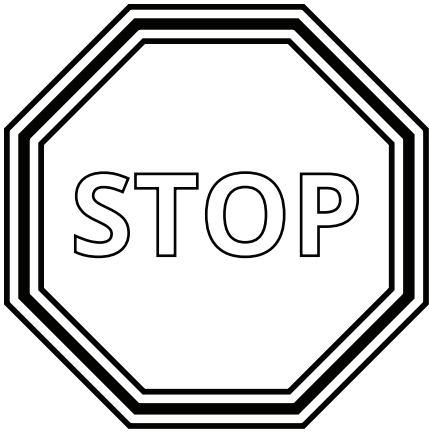
Fever



Shortness
of Breath



Cough



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Clean and disinfect frequently touched objects and surfaces including door handles, in-cab electronics, steering wheels, shifter knobs, etc.

