



Keep
Safe
and
Wash
Your
Hands



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.



Bandana Face Covering

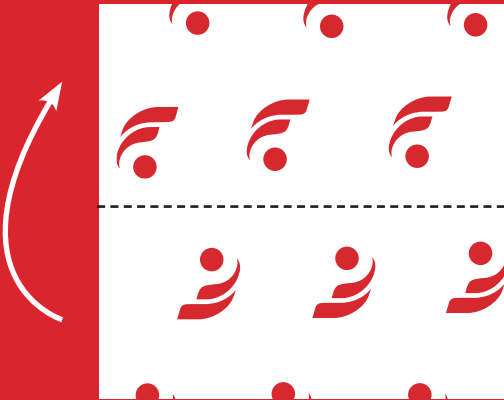
(no sew method from CDC website)

Materials Needed

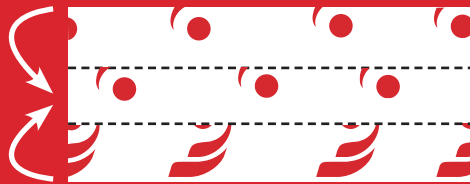
- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

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.





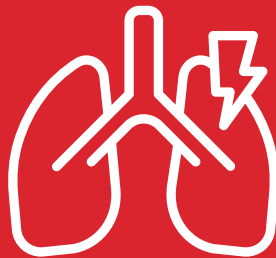
STOP!

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.

