

How to Wear and Take Off Your Mask

Accessible link: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

How to Put On and Wear Your Mask Correctly

- Wash your hands or use hand sanitizer before putting on your mask
- Put it over your face and mouth
- Be sure your mask fits snugly against the sides of your face and under your chin
- Make sure you can breathe easily



Wear a Mask to Protect Yourself and Others

- Wear a mask over your nose and mouth to help prevent getting and spreading COVID-19
- Wear a mask in public settings, especially when you cannot stay six feet apart from people who don't live with you

How to Take Off Your Mask



Untie the strings behind your head or stretch the ear loops



Handle only by the ear loops or ties



Fold outside corners together



Wash hands immediately after removing

Other Ways to Protect Yourself

- Stay at least 6 feet away from others
- Avoid crowds and places with poor ventilation
- Wash your hands often
- Get a vaccine when it is offered



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps



Have a nose wire to prevent air from leaking out of the top of the mask

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2–14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has Emergency Warning Signs of COVID-19

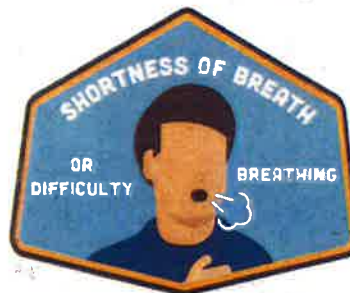
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



DON'T FEEL WELL? TELL AN ADULT IF YOU FEEL SICK

If you feel sick, tell your mom or dad or caregiver before you come to camp. If you get sick at camp, tell your counselor or an adult right away.



OTHER SYMPTOMS INCLUDE:

fever, runny nose, diarrhea, feeling nauseous or vomiting, feeling tired, headache, and poor appetite



cdc.gov/coronavirus



1 Wet



2 Get Soap

Hands that look clean can still have icky germs!

WASH YOUR HANDS!



3 Scrub



4 Rinse



5 Dry

www.cdc.gov/handwashing



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

This material was developed by CDC. The Life is Better with Clean Hands campaign is made possible by a partnership between the CDC, Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

Campers: Do your part to stop COVID-19 in its tracks.

DID YOU WASH YOUR HANDS?



ASK YOURSELF:

Did I just go to the bathroom?

Am I about to eat?

Did I cough or sneeze?

Did I touch supplies, objects or equipment that other people have touched?

Did I touch any animals or pets?

Did I touch garbage?

If you can't wash your hands, ask your counselor or an adult for hand sanitizer.



When You Are Sick



To prevent the spread of COVID-19

- Wear a mask.
- Stay at least 6 feet apart from others.
- Wash your hands often.
- Cover your coughs and sneezes.
- Clean high-touch surfaces every day.



If you are sick follow these steps Stay home except to get medical care

- Most people with COVID-19 have mild illness and can recover at home.
- Get rest and stay hydrated.
- Call before you get medical care.



Stay separate from other people and pets in your home

- Stay in a specific room as much as possible.
- Stay away from other people and pets in your home.
- If possible, you should use a separate bathroom.
- If you need to be around other people or animals in or outside of the home, wear a mask.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

When You Are Sick



Do not share personal household items

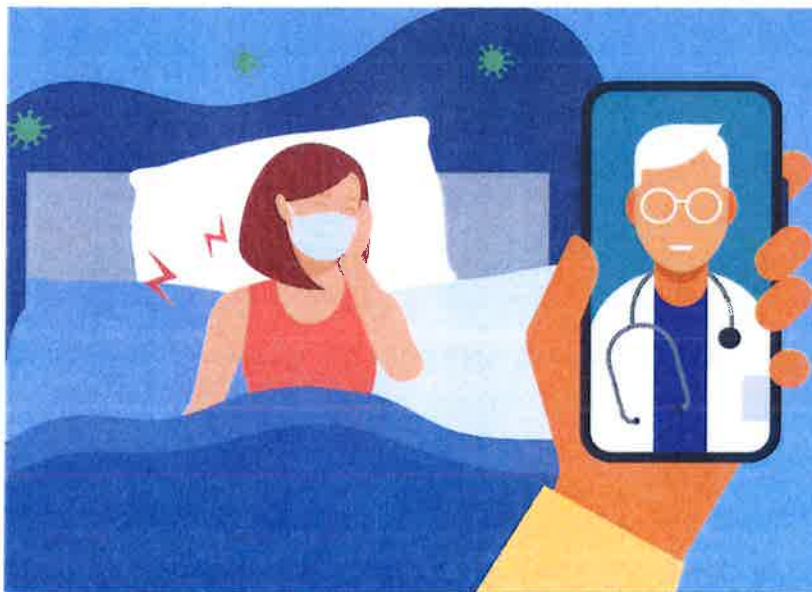
Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.



Monitor your symptoms

Symptoms of COVID-19 include fever, cough, or other shortness of breath and more.

Follow instructions from your healthcare provider and local health department.



When to seek emergency medical attention

If someone is having

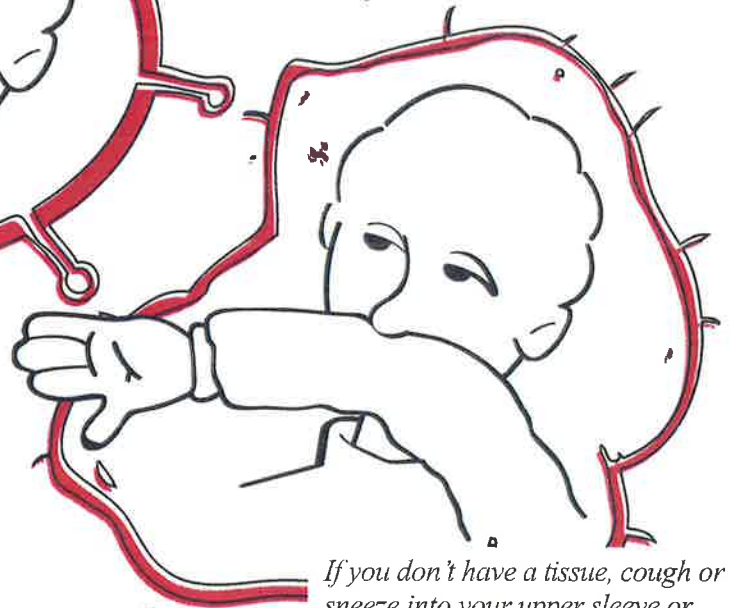
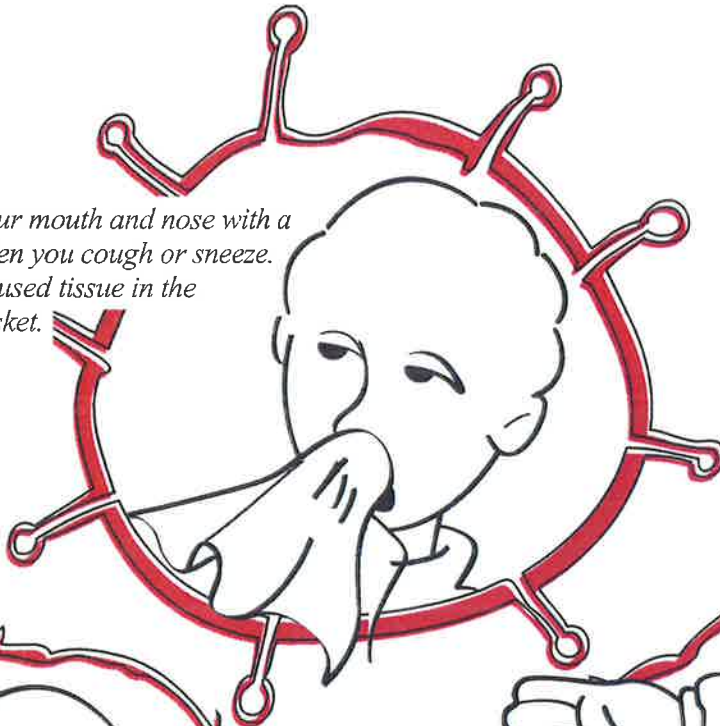
- Trouble breathing.
- Persistent pain or pressure in the chest.
- inability to wake or stay awake.
- Pale, gray, or blue-colored skin, lips, or nail beds depending on skin tone.

Seek emergency medical care immediately. Call 911 or call ahead to your local emergency facility
Notify the operator that you are seeking care for someone who has or may have COVID-19.

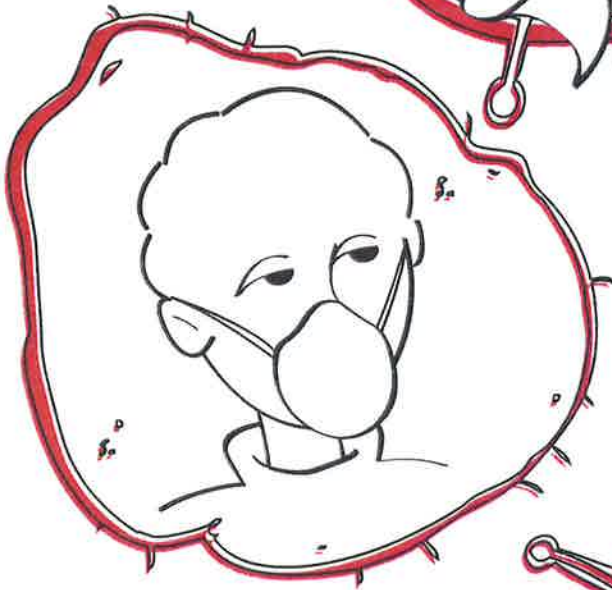
Cover Cough

— *Stop the spread of germs that can make you and others sick!* —

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



You may be asked to put on a facemask to protect others.



Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.

