

PLEASE PROTECT YOURSELF AND COWORKERS FROM COVID-19



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

Stay home if you have any of these symptoms:

fever OR **shortness of breath** OR **cough**



Other symptoms:

- chills
- repeated shaking with chills
- muscle pain
- headache
- sore throat
- loss of taste or smell

Wash your hands often for 20 seconds.



This is about as long as singing the "Happy Birthday Song" twice.

DO wear a fabric mask safely.



Tighten the loops or ties so it's snug around your face, without gaps.



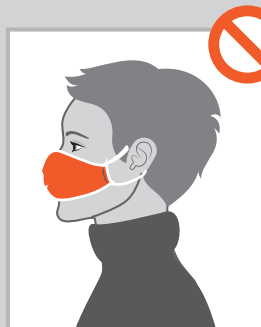
Mask should cover from just under the bridge of your nose to under your chin.

- ✓ Always wash your hands before and after wearing a mask.
- ✓ Use the ties or loops to put your mask on and pull it off.
- ✓ Don't touch the front of the mask, especially when you take it off.
- ✓ Put on and remove your mask while inside your home. Public transportation, elevators and stairwells can be high-contamination areas.
- ✓ Wash and dry your cloth mask daily and keep it in a clean, dry place.
- ✓ Remember that masks offer only limited protection and work best in combination with hand washing and physical distancing.

Adapted from Public Health Seattle and King County materials.



DON'T:
Wear the mask below your nose.



DON'T:
Leave your chin exposed.



DON'T:
Wear your mask loosely with gaps on the sides.



DON'T:
Wear your mask so it covers just the tip of your nose.



DON'T:
Push your mask under your chin to rest on your neck.