Social Distancing & Face Covering (35 sec)

You can protect others from getting sick with COVID-19.

- Stay home unless you need food, medicine, or medical care.
- Avoid large crowds and small gatherings.
- If you must go out, stay at least 6 feet away from other people.
- Wear a cloth face covering so you don't spread germs when you talk, sneeze, or cough. Cloth face coverings should not be used on children under 2.

Remember to follow directions from your local health officials.

For more tips, visit c-d-c dot g-o-v.