FOLLOW THE 3 W’S TO SLOW COVID-19

WEAR A FACE COVERING
In Oregon, wearing a face covering in public is:
• Required for ages 5+
  – Indoors
  – Outdoors when you can’t stay 6 feet from others
• Recommended for ages 2-5

WASH YOUR HANDS
To kill the virus and other germs:
• Wet hands, lather with soap, scrub for at least 20 seconds, rinse.
• No soap and water? Cover your hands with hand sanitizer that contains at least 60% alcohol and rub until dry.

WATCH YOUR DISTANCE
• Stay 6 feet from others.
• The virus spreads in droplets sprayed into the air from a cough, sneeze or talking.