

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
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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.
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WATCH YOUR DISTANCE

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