



## CROWD CONTROL

It's important to avoid crowds as much as possible while COVID-19 is spreading. But you can take steps to reduce risk if physical distance isn't an option.

## OUT AND ABOUT

- Wear a face covering (ages 2+).
- Avoid touching your face.
- Wash your hands / use hand sanitizer throughout the day.
- Avoid handshakes, fist bumps or high fives.
- Don't shout, sing or cough near others.
- Stay home if you feel sick or were exposed to COVID-19.

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## WHEN YOU GET HOME

- Shower as soon as possible.
- Keep your distance from people you live with until you've washed up.
- Put your clothes in the laundry and disinfect surfaces you touched.
- Watch for symptoms.
- If someone gets sick, pick one person in your household to be their primary caretaker.

Visit [safestrongoregon.org](https://safestrongoregon.org) for more ways to live and work safely during the coronavirus pandemic.

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