LOWER THE CHANCES OF SILENT SPREAD

• COVID-19 often spreads before infected people show symptoms. And some never show signs of the virus.
• Wearing a mask is key. It can reduce the risk of silent spread for everyone.
• The coronavirus moves through the air in tiny, invisible droplets of saliva or mucus that we exhale.
• Speaking, coughing or breathing heavily can spread the virus.
• Fever, fatigue, cough and loss of smell are common symptoms. But not everyone who has COVID-19 shows signs.
• People without symptoms may infect others without realizing it.

KEEP YOUR DISTANCE

• Large droplets can carry about 6 feet. Small droplets can go much farther.
• For safety, stay at least 6 feet from people not in your household.

WEAR A MASK OR CLOTH FACE COVERING

• Covering your nose and mouth blocks droplets from moving through the air.
• Wearing a mask reduces how far droplets can travel.

SPREAD THE WORD

• Remind friends and family that we’re in this together.
• Encourage them to:
  - Mask up
  - Wash hands frequently
  - Avoid close contact
  - Limit gatherings to 10 or less

EDUCATE YOURSELF

Visit safestrongoregon.org for the latest ways to live and work safely during the pandemic.