



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.

SPONSORED BY

OHSU and State of Oregon

#OregonForward



OREGON FORWARD