



# HELP US PROTECT EACH OTHER FROM COVID-19 AND WEAR YOUR MASK!

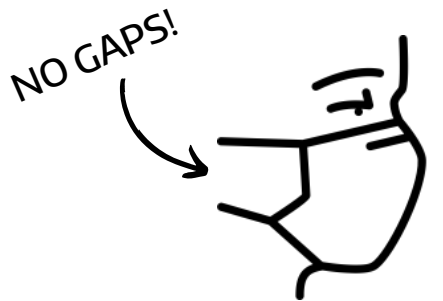


If everyone wears a cloth mask when they are in public, the risk of exposure to the coronavirus can be reduced.

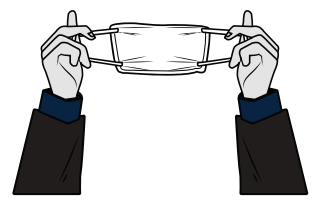
## WHEN USING YOUR FACE MASK, BE SURE TO:



Wash your hands with soap and water. Or use a hand sanitizer, before and after putting on or taking off your mask.



Completely cover your mouth and nose, make sure there are no gaps between your face and the mask.



Remove face mask from behind ears or head.

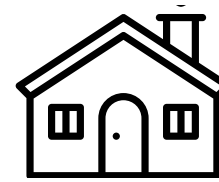


Avoid touching the front of the mask, especially when putting it on or taking it off.

Face Masks are required anytime you are in public (indoors/outdoors) and can't stay 6 feet away from others.



## Exceptions:



Home



Outdoors and people are at least 6 feet away



Alone in Car



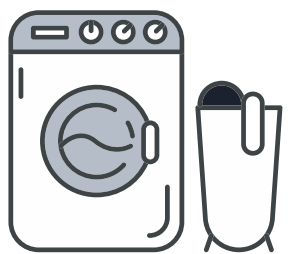
People with certain disabilities or health conditions



Cloth masks should not be used on children under 2 years old

## How to wash your cloth face mask

In general cloth masks should be washed daily.



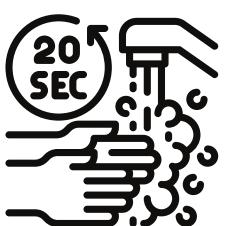
You can wash your cloth face mask with your regular clothing



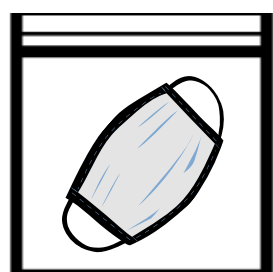
Wash with water and regular laundry detergent



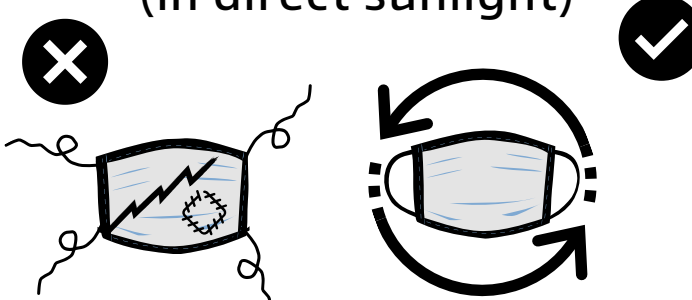
Be sure to completely dry using tumble dryer or air dry (in direct sunlight)



Wash your hands before storing



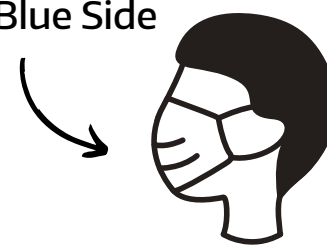
Store in a safe place



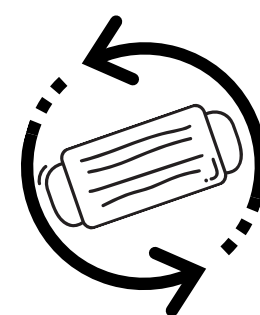
Replace cloth mask with new one as soon as it is damaged

## Disposable Face Masks

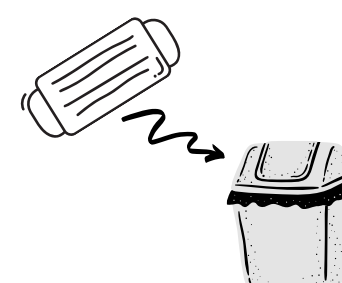
Blue Side



Make sure blue side of mask is facing the front side of your face.



Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.



Discard immediately after use preferably in a closed container.

## Sources & More Information

United States Centers for Disease Control and Prevention  
[CDC.gov/nCoV](https://www.cdc.gov/nCoV)

World Health Organization  
[who.int/epi-win](https://www.who.int/epi-win)

Pacific Northwest Agricultural Safety and Health Center (PNASH)  
<https://bit.ly/pnash-covid>



- Practice social distance
- Wash your hands often
- Get tested for any COVID-like Symptoms
- Stay home if you're sick



# ¡Ayúdanos a protegernos del coronavirus y usa TU mascarilla de tela!



Si todos usan una mascarilla de tela cuando están en público el riesgo de exposición del coronavirus se puede reducir.

## Cuando use su mascarilla, asegúrese de:

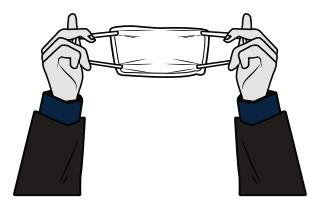


Lavarse las manos con agua y jabón o usar un desinfectante de manos; antes y después de ponerse o quitarse su mascarilla.

No hay espacios!



Cubrir completamente la boca y la nariz. Asegúrese de que no haya espacios entre su cara y la mascarilla.



Quítala por detrás de las orejas o la cabeza.

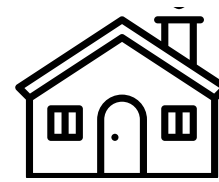


Evite tocar la parte de enfrente de la mascarilla, especialmente cuando se la ponga o quite.

Se requieren el uso de una mascarilla cada vez que se encuentre en público (adentro / afuera) y no puede mantenerse a 6 pies de distancia de los demás.



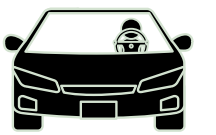
## Excepciones Cuando Este En:



Casa



Al aire libre y la gente está al menos 6 pies de distancia



Solo en su Carro



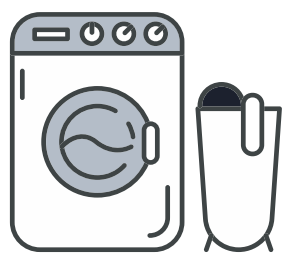
Personas con ciertas discapacidades o condiciones de salud



Las mascarillas de tela no deben usarse en niños menores de 2 años

## Como Lavar La Mascarilla de Tela:

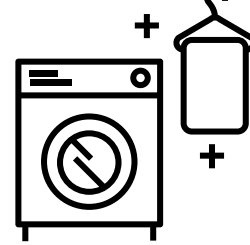
En general las mascarillas de tela se deben lavar diariamente.



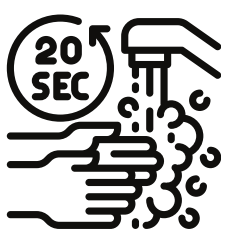
Puede lavar su mascarilla de tela con el resto de su ropa



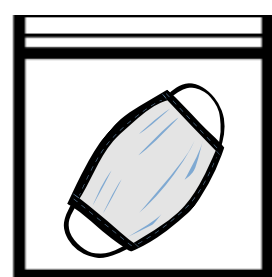
Lave con agua y un detergente suave



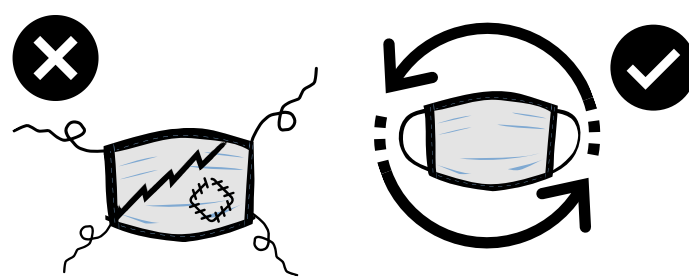
Asegure de secar completamente usando una secadora o al aire libre



Lave sus manos antes de guardarla



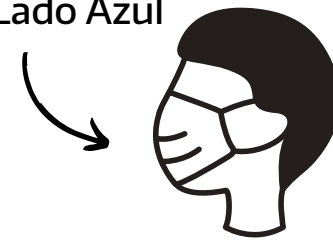
Guarde en un lugar seguro



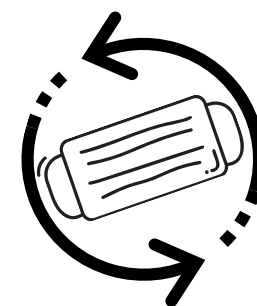
Reemplace la mascarilla de tela con una nueva tan pronto como esté dañada

## Mascarillas Desechables

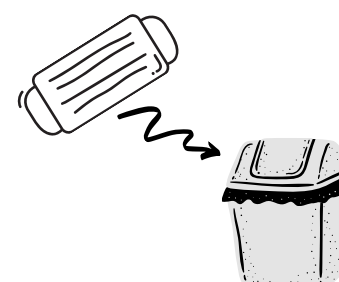
Lado Azul



Asegúrese de que el lado azul de la mascarilla esté hacia el frente de su cara.



Reemplazar la mascarilla con una nueva tan pronto como esté húmeda y no reutilice las mascarillas de un solo uso.



Deseche inmediatamente después de usarla, preferiblemente en un contenedor cerrado.

## Fuentes Y Más Información

United States Centers for Disease Control and Prevention  
CDC.gov/nCoV

World Health Organization  
who.int/epi-win

Pacific Northwest Agricultural Safety and Health Center (PNASH)  
<https://bit.ly/pnash-covid>



- Practique el distanciamiento social
- Lávese las manos frecuentemente
- Hágase la prueba si tiene algún síntoma similar a COVID-19
- Quédese en casa si se siente enfermo