

FOLLOW THESE 5 SAFETY STEPS

to keep us all healthy



1

STAY HOME IF YOU DON'T FEEL WELL

Or if you tested positive for COVID-19 or were exposed to someone with COVID-19 in the last 14 days



2

STAY 6 FEET AWAY FROM PEOPLE

who don't live with you, both in and out of the water and avoid sharing items with other people



3

WEAR A CLOTH FACE COVERING

when not in the water*

* Don't place cloth face coverings on children under age 2 or anyone who has trouble breathing or is unconscious, weak, or otherwise unable to remove the cover without help.



4

WASH YOUR HANDS OFTEN with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol



5

COVER YOUR COUGHS AND SNEEZES

with a tissue or your elbow, throw the tissue in the trash, and wash your hands



Now, **let's swim!**



cdc.gov/coronavirus