

PROTECT YOURSELF and everyone around you.



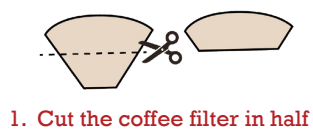
Six Feet, Mask Up!

COVID-19 is a respiratory virus and anyone can get sick. Some more seriously than others. You cannot tell if someone has the virus by the way they look or where they are from. We all must help to stop the spread and flatten the curve.

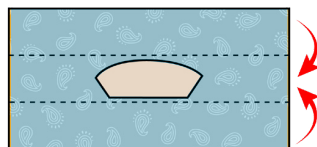
Simple Steps to Make a Face Covering (No Sewing)

Materials

- Square cotton cloth approximately 20"x20"
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

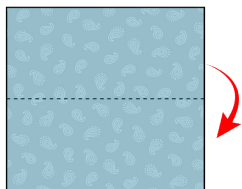


1. Cut the coffee filter in half



3. Fold filter in center of folded cloth.

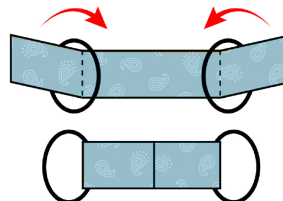
Fold cloth top down.
Fold cloth bottom up.



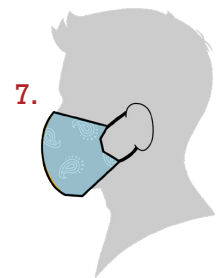
2. Fold the cloth in half



4. Place rubber bands or hair ties about 6 inches apart.



5. Fold side to the middle and tuck.



7.

Stay home as much as possible

[do not leave your house for any reason if you are sick]

Wear a face covering when you leave home

Keep a physical distance of 6 feet from others

[even while wearing face covering]

No social gatherings

[no in person celebrations for holidays or birthdays or just hanging out]

Watch Now!

African American Community Leaders encourage you to watch this video about the COVID-19 Virus to learn about its impact our community and how we can stay safe and healthy.

bit.ly/MaskUpOhio

enter this website address to play the video

Franklin County
Public Health

covid-19.myfcph.org
1-833-4-ASK-ODH

