

How to Wear A Mask*

Wearing a mask correctly is the most effective way to prevent the spread of COVID-19.

Putting it on:



- 1 Wash your hands or use hand sanitizer **BEFORE** touching your mask.



- 2 Pick a side of the mask to always face out. If it has a bendable edge, wear it on top.



- 3 Place the ear loops around your ears.



- 4 Stretch the mask to cover your nose and chin.



- 5 Mold the bendable edge to nose.



- 6 Wash your hands again.

Taking it off:



- 1 Wash your hands or use hand sanitizer **BEFORE** touching your mask.



- 2 Remove mask using the ear loops. Do not let mask hang around neck or below when not in use.



- 3 Wash your hands or use hand sanitizer.



- 4 Fold so the inside surfaces of the mask are touching. Place in a small open paper bag or wrap in a napkin for reuse.

*Be sure to wash reusable masks each day. Mask should fit comfortably around the ears and nose.

Proper Handwashing

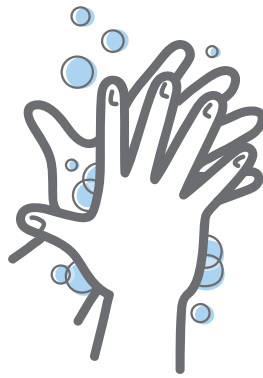
Wash your hands for at least 20 seconds.

Tips: Sing the Happy Birthday song twice OR sing the ABCs



1

Turn on faucet, wet hands and apply soap.



2

Wash palms of hands.



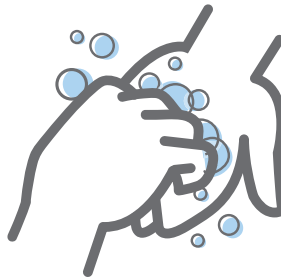
3

Scrub back of hands.



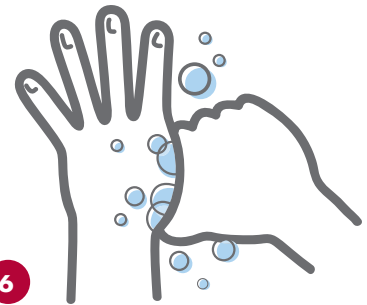
4

Scrub between fingers.



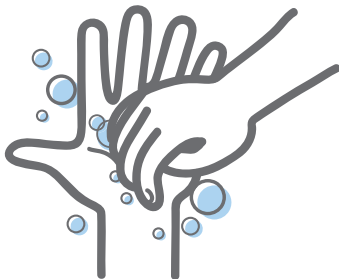
5

Wash fingertips.



6

Wash thumbs.



7

Scrub wrists.



8

Rinse and dry with paper towel.
Turn off faucet using the towel.

ORLANDO HEALTH®

Daily Self-Screening

Help Keep Yourself and Others Safe

Early recognition of COVID-19 symptoms can greatly reduce the spread of COVID-19 from one person to the next.

Review these symptoms each day before going to school:

- Fever (temperature of 100 F or greater)
- Shortness of breath
- Dry cough
- Sore throat
- Runny nose or nasal congestion
- GI symptoms like nausea, vomiting or diarrhea
- Loss of sense of smell or taste
- Disequilibrium like dizziness
- Muscle aches
- General weakness
- Chills (sometimes with shaking)
- Headache
- Recent unprotected close contact with a positive COVID-19 patient.



If you or your child is experiencing illness, including COVID-19 symptoms, you should stay home and away from school. Seek evaluation from your medical provider or a virtual visit healthcare service.

ORLANDO HEALTH[®]

Our Family Daily Self-Screening Stars

Symptoms and risk factors to check for:

- Fever (temperature of 100 F or greater)
- Shortness of breath
- Dry cough
- Sore throat
- Runny nose or nasal congestion
- GI symptoms like nausea, vomiting or diarrhea
- Loss of sense of smell or taste
- Disequilibrium like dizziness
- Muscle aches
- General weakness
- Chills (sometimes with shaking)
- Headache
- Close unprotected contact in past 14 days with a person known to have COVID-19

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