



SAFER COVID-19 Plan

Date: _____

Your activity: _____

- Wear a mask over your nose and mouth anytime you are around people who you don't live or stay with. Only take the mask off if you are eating or drinking.
- Stay farther away from people, especially if they are breathing hard (like when they shout, cheer, sing, chant, dance, or exercise). The general rule is 6 feet, but farther is better.
- Choose to go to a larger place where people can stay farther apart.
- Stay outdoors. If you can't, spend less time indoors. If you have to be indoors, open windows and doors to the outside, or ask someone else to do it.
- Spend time with fewer people. One way is to do the activity when it is less crowded. You can go at a time that is less busy, or go to a place that limits the number of people allowed.
- Spend less time with other people.
- Avoid eating and drinking near other people. If you can't avoid it, limit the time you spend eating and drinking near other people.

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SAFER COVID-19 Plan continued...

- Avoid touching people. One way is to interact with people is using a smile, wave, or kind words. If you can't avoid it, reduce the number of people you touch.
- Avoid touching things that others have touched, like door handles and surfaces. You can also use wipes to clean things before touching them.
- Avoid touching your face.
- Wash your hands often, for at least 20 seconds. If you can't wash your hands, use hand sanitizer.
- If you can, do the activity less often in person in the future. One way is to see if there is a virtual option.
- Learn about COVID-19 restrictions in your area that might affect your activity.
- Ask, call, or check online to find out how the person or place in charge of the activity is keeping people safer from COVID-19.
- Talk to others about how they plan to stay safer from COVID-19.
- Encourage others to use SAFER COVID-19.