In this file, you'll find:

- **Know the Symptoms** poster (x1)
- **#StopTheSpread** posters (x3)
- **How to Wear a Mask** instructions (x2)
- **How to Wash Hands** instructions (x1)
- **Physical Distancing** reminders (x5)
- **Safety Entrance Sign** for Businesses (x2)
- **Temporary Changes** template (x2)

**Instructions:**
- Print on 11x17 paper
- Post at entrances of high traffic areas

Produced by: [ProService Hawaii]
Know the COVID-19 Symptoms

The following symptoms may appear 2-14 days after exposure:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Seek medical advice if:

- You develop worsening symptoms
- You have been in close contact with a person known to have COVID-19
- You live in or have recently been in an area with ongoing spread of COVID-19

For more information, visit cdc.gov
#StopTheSpread

Keep Our Workplace Safe!

Please practice good hygiene:

- Stop hand shakes and use **non-contact greeting methods**
- Clean hands at the door and schedule **regular hand washing reminders**
- **Disinfect surfaces** like doorknobs, tables, and desks regularly
- **Increase ventilation** by opening windows or adjusting air conditioning

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Stay home if...

- You are **feeling sick**
- You have a **sick family member at home**

SOURCE: CDC.GOV
#StopTheSpread

6 STEPS TO PREVENT THE SPREAD OF COVID-19

01  Wear a mask and required PPE at all times.

02  Wash your hands frequently and avoid touching your eyes, nose and mouth.

03  Maintain 6 ft physical distance from others and avoid crowded spaces.

04  Limit your exposure to shared surfaces and objects.

05  Frequently clean and disinfect your workspace and high-touch surfaces.

06  If you have any symptoms of COVID-19 do NOT come to work. Seek medical advice.

SOURCE: WORLD HEALTH ORGANIZATION
#StopTheSpread

**WASH YOUR HANDS FREQUENTLY**

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

**MAINTAIN PHYSICAL DISTANCING**

Maintain at least 6 feet distance between yourself and anyone who is coughing or sneezing.

**AVOID TOUCHING EYES, NOSE AND MOUTH**

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.

**IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY**

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical advice.

SOURCE: WORLD HEALTH ORGANIZATION
How to Use a Mask 101

Source: World Health Organization

Before Putting on a Mask:

Clean hands with alcohol-based hand rub or soap and water.

While Wearing a Mask:

1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.

2. **Avoid touching the mask.** If you do, clean your hands with alcohol-based hand rub or soap and water.

3. Replace the mask with a new one as soon as it is damp. **Do not re-use single-use masks.**

To dispose of the mask:

1. Remove the mask from behind using the strings. **Do not touch the front of mask.**

2. Discard the mask **immediately** in a closed bin.

3. **Clean hands** with alcohol-based hand rub or soap and water.
A GUIDE TO PROPER MASK USE

Before putting a mask on, clean hands with alcohol-based hand rub or soap and water.

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.

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

To remove mask: remove it from behind (do not touch the front of the mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

SOURCE: WORLD HEALTH ORGANIZATION
Handwashing 101

#StopTheSpread

Proper hygiene stops the spread of the virus.

01 Wet your hands before applying soap.

02 Bring your palms together and rub soap all over the palms and backs of your hands, including between the fingers.

03 Wash your hands for at least 20 seconds.

04 Wipe your hands with a clean towel or paper towel and avoid rubbing too vigourously.

Source: WHO
#StopTheSpread

Physical Distancing 101

Stay away from mass gatherings.

Keep a distance of 6 feet away from other people.

Avoid touching other people, and that includes handshakes.

Physical distancing slows down the spread of the coronavirus, which keeps resources available to those in need.

SOURCE: WHO
#StopTheSpread

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**SOURCE:** WHO
Maintain physical distancing

SOURCE: WORLD HEALTH ORGANIZATION
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DISTANCE MAKES US STRONGER

#StopTheSpread
Help us protect our employees & customers.

Do NOT enter if you have a cough, fever or do not feel well.

Wear a face mask or covering

Keep 6 feet physical distance between you and others

Refrain from shaking hands, shakas only

Mahalo for your kokua
Help us protect our employees & customers.

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Wear a face mask or covering

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Mahalo for your kokua
We've made temporary changes to help stop the spread of COVID-19

We'll keep you posted with any future updates
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