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]