



# Stock Poster Designs

**What you should know about COVID-19 to protect yourself and others**

**Know about COVID-19**

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (no symptoms) to severe illness.

**Practice social distancing**

- Buy groceries and medicine; go to the doctor, and complete other errands online when possible.
- If you must leave your home, stay at least 6 feet away from others and distract items you touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.

**Know how COVID-19 is spread**

- You can become infected by coming into close contact with another person (within two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets from an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface object that has COVID-19 on it and then by touching your nose, mouth, and eyes.

**Protect yourself and others from COVID-19**

- Stay home if you are sick against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

[cdc.gov/coronavirus](http://cdc.gov/coronavirus)

**Share facts about COVID-19**

Know the facts about coronavirus (COVID-19) and help stop the spread of rumors. [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/share-facts.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/share-facts.html)

**FACT 1** Disease can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT 2** For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age with underlying long-term medical conditions may be at higher risk for more serious complications from COVID-19.

**FACT 3** Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

Seek medical attention immediately if you or someone you love has emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

**FACT 4** There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- When in public, wear a cloth face covering that covers your mouth and nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FACT 5** You can help stop COVID-19 by knowing the signs and symptoms, which can include:

- Fever
- Cough
- Shortness of breath

Seek medical attention immediately if you or someone you love has emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

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**Stop the Spread of Germs**

Help prevent the spread of respiratory diseases like COVID-19.

**6 ft**

**Stay at least 6 feet (about 2 arm's length) from other people.**

**Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.**

**When in public, wear a cloth face covering over your nose and mouth.**

**Do not touch your eyes, nose, and mouth.**

**Clean and disinfect frequently touched objects and surfaces.**

**Stay home when you are sick, except to get medical care.**

**Wash your hands often with soap and water for at least 20 seconds.**

[cdc.gov/coronavirus](http://cdc.gov/coronavirus)

**COVID-19 Safety Procedures for Businesses**  
PROTECTING CUSTOMERS AND EMPLOYEES WORKING IN THE COMMONWEALTH

**Requirements for Businesses Authorized to Operate**

**Health and Cleaning**

- Open and distract the building. Regularly clean and disinfect frequently touched surfaces.
- Make sure employees have access to soap and water, hand sanitizer, and tissues.
- Tell employees how to safely clean and disinfect their workspace if they are sick or if they are caring for someone who is.

**Social Distancing**

- Restrict visitors from entering or leaving the building at the same time.
- Establish a queue system for common areas.
- Limit the number of employees in a single room or office.
- The number of employees in 10 or more makes a change in the layout of the room.
- Don't allow non-essential visitors.

**Businesses that require physical distancing**

- Establish a plan for employees COVID-19 response. See COVID-19 Safety Guidance for Businesses.
- Seal off and use separate entrances before they enter the building.
- Establish a queue system for employees before they enter the building.
- Designate a specific entrance for employees if they have symptoms and/or are sick.
- Establish a plan for employees COVID-19 response and/or a COVID-19 safety plan. See COVID-19 Safety Guidance for Businesses.

**Personal Protective Equipment (PPE)**

- Establish a distance of at least 6 feet from other individuals.
- Use cloth face coverings when around other people.
- Wear a mask when you are sick or if you have symptoms of COVID-19 or a fever.
- Designate a specific entrance for employees if they have symptoms and/or are sick.
- Establish a plan for employees COVID-19 response and/or a COVID-19 safety plan. See COVID-19 Safety Guidance for Businesses.

**COVID-19 Safety Procedures for Businesses**

**NOTICE**

All businesses in the Commonwealth that seek to remain in operation during the COVID-19 pandemic are required to operate under the requirements established by the Pennsylvania Department of Health, and most prominently, direct this notice and the following COVID-19 safety procedures to their employees. These requirements are intended to ensure the health and safety of employees and customers.

In addition, each business must, for each work location (building or worksite), specify a Pandemic Safety Officer to respond to employee and subcontractor questions regarding these requirements. This business's Pandemic Safety Officer is \_\_\_\_\_.

Name \_\_\_\_\_ Number \_\_\_\_\_ Email \_\_\_\_\_

As business owner/operator/manager, I acknowledge and understand the foregoing, and agree to follow the requirements set forth in this notice and the Pandemic Safety Guidance issued by the Governor or Secretary of Health.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Comments or Questions?**

Comments or Questions? [pennsylvania@cdc.gov](mailto:pennsylvania@cdc.gov)  
1-877-PA-4-CDC (1-877-723-4232)

**Employers or Contractors**

Employers or Contractors? [pennsylvania@cdc.gov](mailto:pennsylvania@cdc.gov)  
1-877-PA-4-CDC (1-877-723-4232)

**THIS AREA DEDICATED TO YOUR CUSTOMIZED BRANDING OR MESSAGE!**

[cdc.gov/coronavirus](http://cdc.gov/coronavirus)

**KEEP CALM AND WASH YOUR HANDS**

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**How to Protect Yourself and Others**

**Cover your nose and mouth when you cough or sneeze**

You could spread COVID-19 to others even if you do not feel sick.

Everyone should wear a cloth face covering when they have to go out in public, especially in crowded places where it is difficult to maintain 6 feet of distance between people.

Cloth face coverings should be placed over young children under age 2, anyone who has trouble breathing, or anyone who is unconscious, incapacitated, or otherwise unable to remove the cloth face covering without assistance.

The cloth face covering should not be worn by people who are infected.

Do NOT use a facemask reserved for a healthcare worker.

Cloth face coverings are not a substitute for physical distancing.

**How to Wash Your Hands**

Wash your hands often with soap and water for at least 20 seconds.

When soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

**Cover your cough or sneeze**

It's important to be in a private setting and do not have an open cloth face covering when you cough or sneeze.

Wash your hands often with soap and water for at least 20 seconds, especially after you have coughed, sneezed, or blown your nose.

Cloth face coverings should be placed over young children under age 2, anyone who has trouble breathing, or anyone who is unconscious, incapacitated, or otherwise unable to remove the cloth face covering without assistance.

These designs can lead to the recall of or recall of products who are mostly or primarily sold outside the United States.

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Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

**Cover your nose and mouth**

Everyone should

**Clean your hands often**

Wash your hands often with soap and water for at least 20 seconds, especially after you have coughed, sneezed, or blown your nose.

Cloth face coverings should be placed over young children under age 2, anyone who has trouble breathing, or anyone who is unconscious, incapacitated, or otherwise unable to remove the cloth face covering without assistance.

These designs can lead to the recall of or recall of products who are mostly or primarily sold outside the United States.

**Avoid close contact**

Wash your hands often with soap and water for at least 20 seconds.

Stay at least 6 feet apart.

Keep a distance between yourself and other people.

These designs can lead to the recall of or recall of products who are mostly or primarily sold outside the United States.

**Clean and disinfect**

Clean and disinfect frequently touched surfaces daily. This includes tables, chairs, doorknobs, light switches, countertops, handles, phones, keyboards, and sinks.

When soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Surfaces are dirty, clean them. Use detergent and water prior to cleaning.

[cdc.gov/coronavirus](http://cdc.gov/coronavirus)

**Help Protect Yourself and Others from COVID-19**

**Practice Social Distancing**

Stay 6 feet (2 arm's lengths) from other people.

**And Wear a Cloth Face Covering**

Be sure it covers your nose and mouth to help protect others. You could be infected and not have symptoms.

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