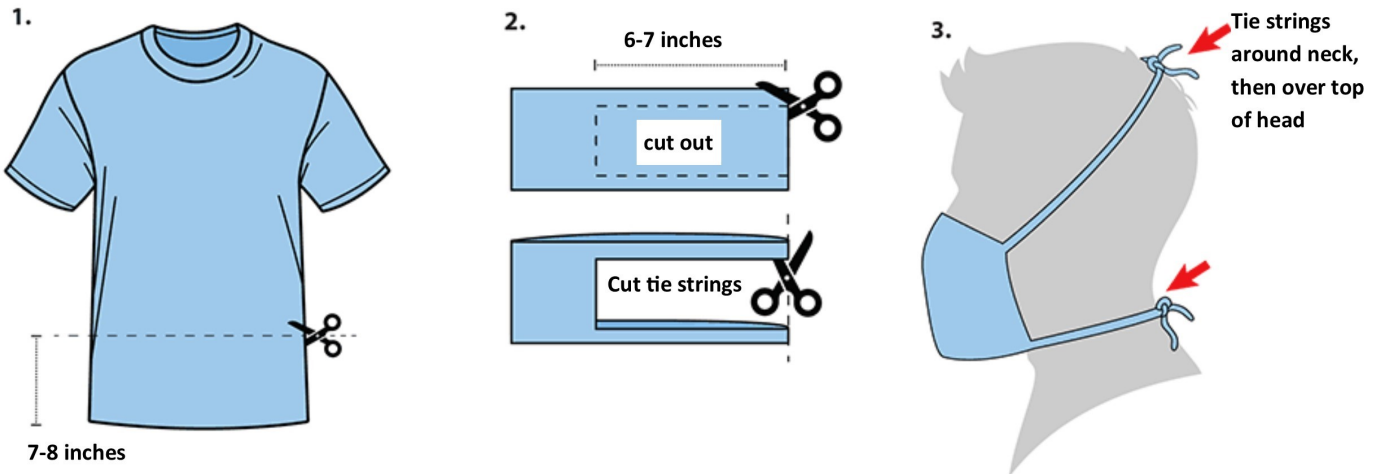


Stay Healthy and Wear a Mask

Quick Cut T-shirt Face Covering (no sew method)

Materials

- T-shirt
- Scissors



Of course it's best to stay home, but for some people going into the community can not be avoided. If you must go out for things such as work or to purchase food, please wear a mask.

Here is an easy way to make one. If this is not possible, please email Johna so we can work on a solution! jthum@sosd.org

Tips for safe grocery shopping

1. Get delivery when possible
2. Go to store early
3. Wear a mask if you have one
4. Bring your own disinfectant wipes to wipe down your cart
5. Only touch the items you put into your cart
6. If you pay with a card, be sure to wipe it down after your purchase
7. Use hand sanitizer as soon as you leave the store
8. Right before you enter your home use your hand sani again
9. Wash your hands

