

# Signage Use

To support and help communicate guidelines, expectations and requirements to participants and families at approve in-person 4-H Activities, the Maryland 4-H Program has compiled a variety of signs that can be printed for use.

## Signs for Use

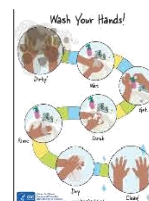


**Healthy 4-H Practices Combined sign-** ideal for use and posting at arrival at any in-person 4-H Activities.

**Healthy 4-H Practice Individual signs-** ideal for use and posting at strategic areas at an in-person 4-H Activities. Highlight physical distancing, face covering, hand washing and generally healthy practices.



**Handwashing signs-** ideal for use and posting at hand wash stations at in-person 4-H Activities.



**Other signs:** Visitor/Participant Notification sign, How to Wear a Mask sign, Terp 4-H Best Practices



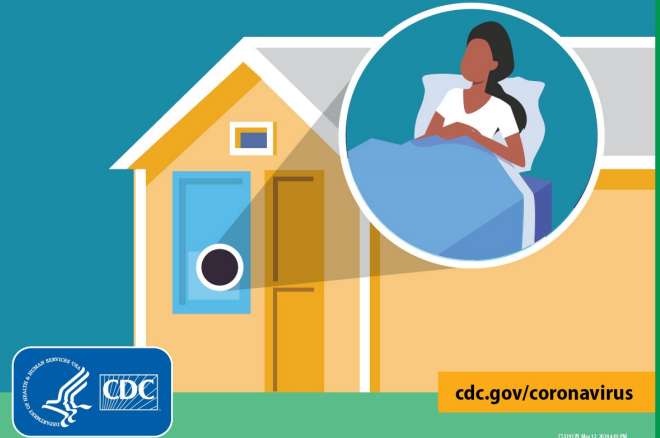


# Healthy 4-H Practices

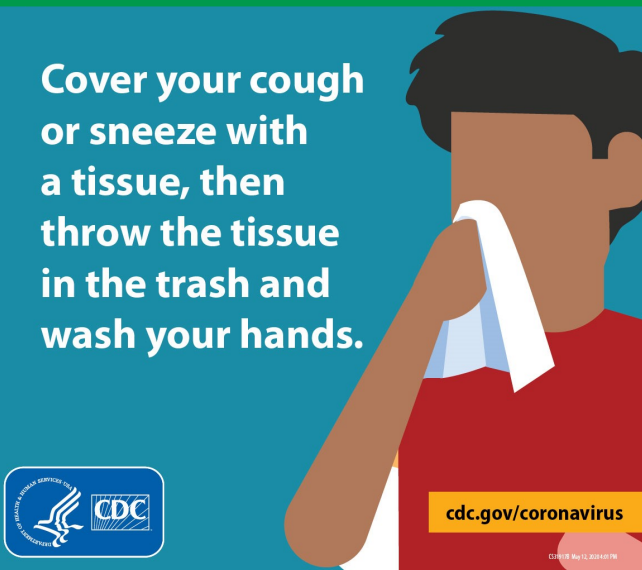
**When in public, wear a cloth face covering over your nose and mouth.**



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



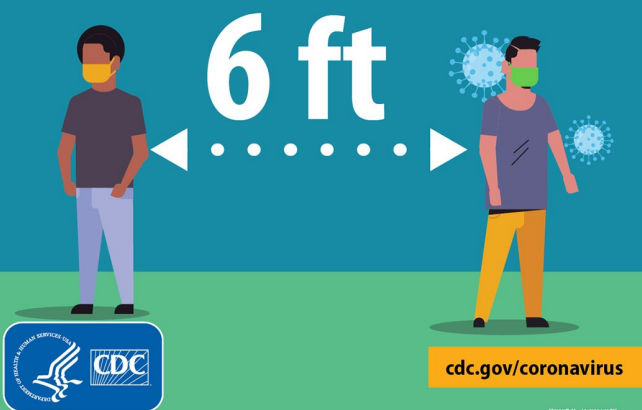
**Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.**



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



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



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



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## STOP THE SPREAD OF GERMS

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

Stay at least 6 feet (about 2 arms' length)  
from other people.



6 ft



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

CS319178 May 12, 2020 4:01 PM

# Healthy 4-H Practices





## Cloth Face Covering Do's & Don'ts:

### DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

### DON'T:

- ✗ Use on children under age 2
- ✗ Use surgical masks or other personal protective equipment (PPE) intended for healthcare workers



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

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CS318170 May 12, 2020 4:01 PM

# Healthy 4-H Practices





Hands  
that look  
clean can still  
have icky  
germs!

# Wash YOUR HANDS!



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



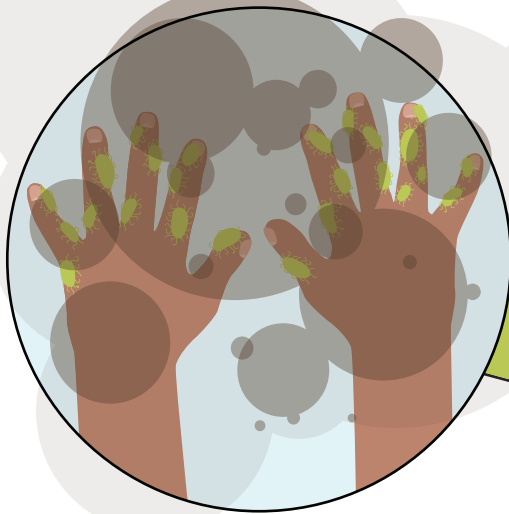
¡Aunque las  
manos se vean  
limpias pueden  
tener microbios  
asquerosos!

# ¡Lávate las manos!



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

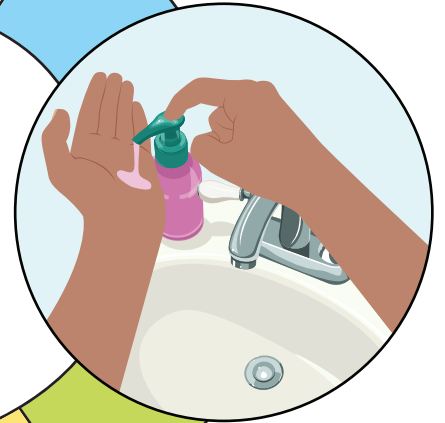
# Wash Your Hands!



Dirty!



Wet



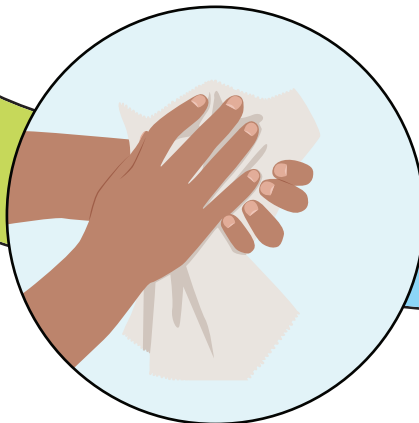
Get Soap



Scrub



Rinse



Dry



Clean!



Centers for Disease  
Control and Prevention  
National Center for Emerging  
and Zoonotic Infectious Diseases

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)





**DO NOT enter the 4-H  
Activity if you have any of  
the following symptoms:**

**COUGH**



**FEVER**



**SHORTNESS  
OF BREATH**



**Visitors and Participants**

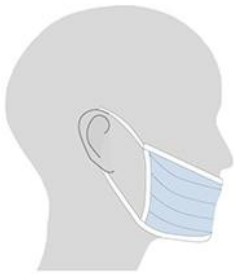
Coronavirus

## How To Properly Wear A Face Mask



Last updated: April 24

Always wash hands before and after wearing your mask and clean reusable masks after use.  
Avoid touching the mask at all times and only use the bands or ties to put on and remove.



**DON'T**

wear your mask  
below your nose



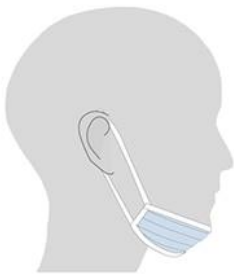
**DON'T**

wear your mask  
low on your nose



**DON'T**

leave your chin  
exposed



**DON'T**

wear your mask  
under your chin or  
temporarily remove  
it in public



**DON'T**

let your mask hang  
loosely with gaps  
around your face



**DO**

wear your mask up  
to the top of your nose  
and under your chin;  
snug and without gaps

Source: San Francisco Department of Public Health

## 4 Practices To Protect Our Terps



IF YOU ARE SICK,  
STAY HOME AND REST.



STAY AT LEAST 6 FEET  
APART FROM OTHERS.



WEAR A FACE  
COVERING.



WASH YOUR HANDS AND USE  
HAND SANITIZER FREQUENTLY.



## 4 Requirements for In-Person 4-H Activities



Complete one-time  
training and certification.



Apply and receive  
advance  
approval.



Conduct activity  
according to  
procedures and  
protocols.



Complete post-  
activity report.