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.

cdc.gov/coronavirus

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

cdc.gov/coronavirus

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

cdc.gov/coronavirus

Do not touch your eyes, nose, and mouth.

cdc.gov/coronavirus

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.

cdc.gov/coronavirus
Stay at least 6 feet (about 2 arms’ length) from other people.

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]
Healthy 4-H Practices

STOP THE SPREAD OF GERMS
Help prevent the spread of respiratory diseases like COVID-19.

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

cdc.gov/coronavirus
Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
STOP THE SPREAD OF GERMS
Help prevent the spread of respiratory diseases like COVID-19.

Do not touch your eyes, nose, and mouth.

Healthy 4-H Practices
When in public, wear a cloth face covering over your nose and mouth.
Wash your Hands!

Hands that look clean can still have icky germs!

1. Wet
2. Get Soap
3. Scrub
4. Rinse
5. Dry

This material was developed by CDC. The Life is Better with Clean Hands campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.
¡Aunque las manos se vean limpias pueden tener microbios asquerosos!

¡Lávate las manos!

1. Moja
2. Enjabona
3. Restriega
4. Enjuaga
5. Seca
Wash Your Hands!

Dirty!

Wet

Get Soap

Rinse

Scrub

Dry

Clean!

www.cdc.gov/handwashing
DO NOT enter the 4-H Activity if you have any of the following symptoms:

- FEVER
- COUGH
- 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 resuable 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
- wear your mask low on your nose
- leave your chin exposed
- wear your mask under your chin or temporarily remove it in public
- 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.

Safety First!
4 Requirements for In-Person 4-H Activities

Complete one-time training and certification.

Conduct activity according to procedures and protocols.

Apply and receive advance approval.

Complete post-activity report.