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

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

When swimming you should not be wearing a mask or face covering.

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

Do not touch your eyes, nose, and mouth.

Dispose of masks and gloves properly.

Do not engage in activities with anyone outside your household.

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

BridgeportCT.gov/coronavirus

CDC.gov/coronavirus