

WHAT YOU CAN DO TO GET THROUGH COVID-19

WEAR A MASK

Medical. Cloth. Disposable. Reusable. Patterns. Solids. They're this season's newest fashion statement! Find the mask that's right for you, and wear it over your mouth and nose to protect yourself and those around you.



GIVE SPACE

Press pause on hugs and handshakes – just for now. A friendly wave and smile (with your eyes) will do the trick! Keep your gatherings small and space your seating 6 feet apart. Friends don't let friends be close talkers!

WASH YOUR HANDS

Wash your hands with soap and water before and after touching public surfaces. Count to 20 or sing your favorite jingle while you scrub. No water nearby? Keep your sanitizer handy!



TALK IT OUT

Feeling down? All of these changes and limitations can be stressful. Reach out to your loved ones. Support one another. Take note of your own mental health, and call **1-888-866-8660** for support.

DoRightRightNow.org




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