

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.



GET A FLU SHOT

We may not have a vaccine for COVID-19 available just yet, but the flu is one thing we can protect ourselves against. Get your flu shot today!

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!



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

