LIVING WITH COVID-19



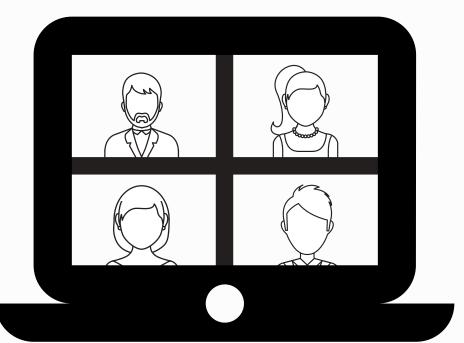


Have fun, but remember: the safest place to celebrate is at home.

- Order your favorite foods for pick up or use a drive-thru.
- Do not visit or host people who do not live with you.

Get together, even when you can't be together, using free video tools to connect.





- Try:Facetime
 - Facebook Video
 - Zoom

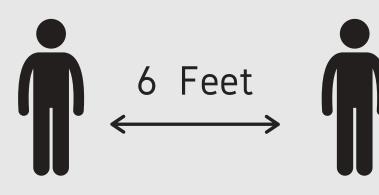


Remember these basics of living with COVID-19:



Wash your hands

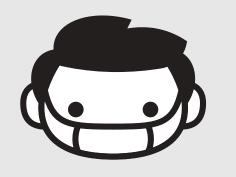
frequently, for at least 20 seconds.



Avoid groups

If a group is necessary limit it to no more than 10 people and remember the 6 feet rule.





Wear a mask

to protect yourself and others.

Learn more and find your local health department at www.nalhd.org

