

# The Little Things

## MAKE A BIG DIFFERENCE!

Small actions can help keep our communities healthy—especially in parks and recreation spaces where people gather.

The **Little Things Campaign** brings everyday health habits to life through **playful characters** that represent simple steps like:

- ✓ Washing your hands
- ✓ Staying up to date on immunizations
- ✓ Covering your coughs

These small but powerful habits can help prevent the spread of respiratory illnesses.

Whether you're at the park, on the trail, or in a recreation center, **the Little Things toolkit** makes it easy to share these messages in fun and creative ways with your community.

Scan the QR code or visit [Little Things communication toolkit](#) to access the full toolkit and resources.



*Together, let's make Virginia's parks and recreation spaces healthier,  
one little thing at a time.*

