Mask up, Virginia!
Show the world you care.

- If you have to be in public, wear a mask.
- Still stay at least 6 feet away from others.
- Avoid touching your face.
- Wash your hands all the time.

VIRGINIA’S HEALTH IS IN OUR HANDS. Do your part, stop the spread. vdh.virginia.gov
Mask up, Virginia!
Make sure they fit.

- Cover your nose and mouth completely.
- Secure mask so it’s snug against the sides.
- Do not remove mask to talk.
Mask up, Virginia!
It’s easy to make your own.

- Healthcare workers need all the N95 masks.
- Make your own with an old t-shirt and 2 rubber bands (tutorials online).
- Use a scarf, old t-shirt, or bandana to fully and snugly cover your nose and mouth.
Mask up, Virginia!
You may not know you’re sick.

- Not everyone with COVID-19 feels or looks sick.
- We all need to wear cloth masks to stop the spread.
- You can help save lives.

VIRGINIA’S HEALTH IS IN OUR HANDS.
Do your part, stop the spread. vdh.virginia.gov
Mask up, Virginia!
Protect us all.

- The CDC recommends wearing a cloth mask.
- Wear one any time you leave your house, or, if you feel sick, in your home and outdoors, too.
- Still stay 6’ away from everyone.
Mask up, Virginia!
It can save lives.

- COVID-19 is still spreading through Virginia.
- Protect your friends, family and neighbors.
- Wear a cloth mask.

VIRGINIA’S HEALTH IS IN OUR HANDS. Do your part, stop the spread. vdh.virginia.gov
Mask up, Virginia!
And stay home as much as you can.

- We’re all working together to stop the spread of COVID-19.
- If you have to go to work or to the store, wear a cloth mask.
- Still stay at least 6’ away from everyone.
Mask up, Virginia!
Stop the spread of COVID-19.

- The CDC recommends wearing a cloth mask.
- Wear one any time you leave your house, or, if you feel sick, in your home and outdoors, too.
- Still stay 6' away from everyone.

VIRGINIA'S HEALTH IS IN OUR HANDS.
Do your part, stop the spread. vdh.virginia.gov