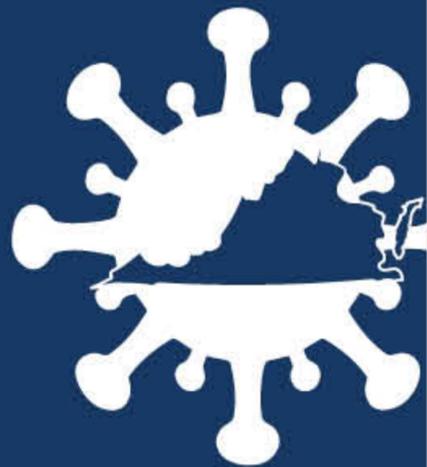


# Mask up, Virginia!

## 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.



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IS IN OUR  
HANDS.**

Do your part,  
stop the spread.

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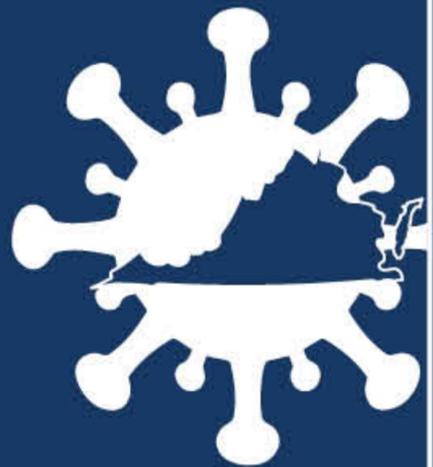
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# Mask up, Virginia!

## 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.



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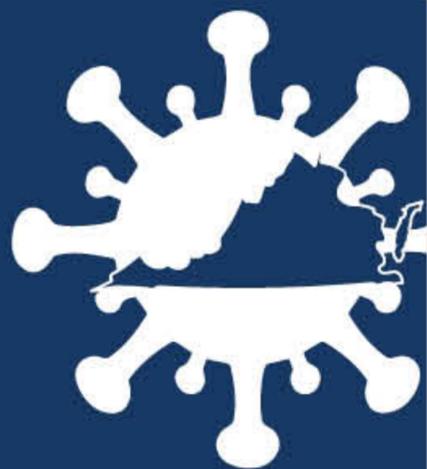
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# Mask up, Virginia!

## 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.

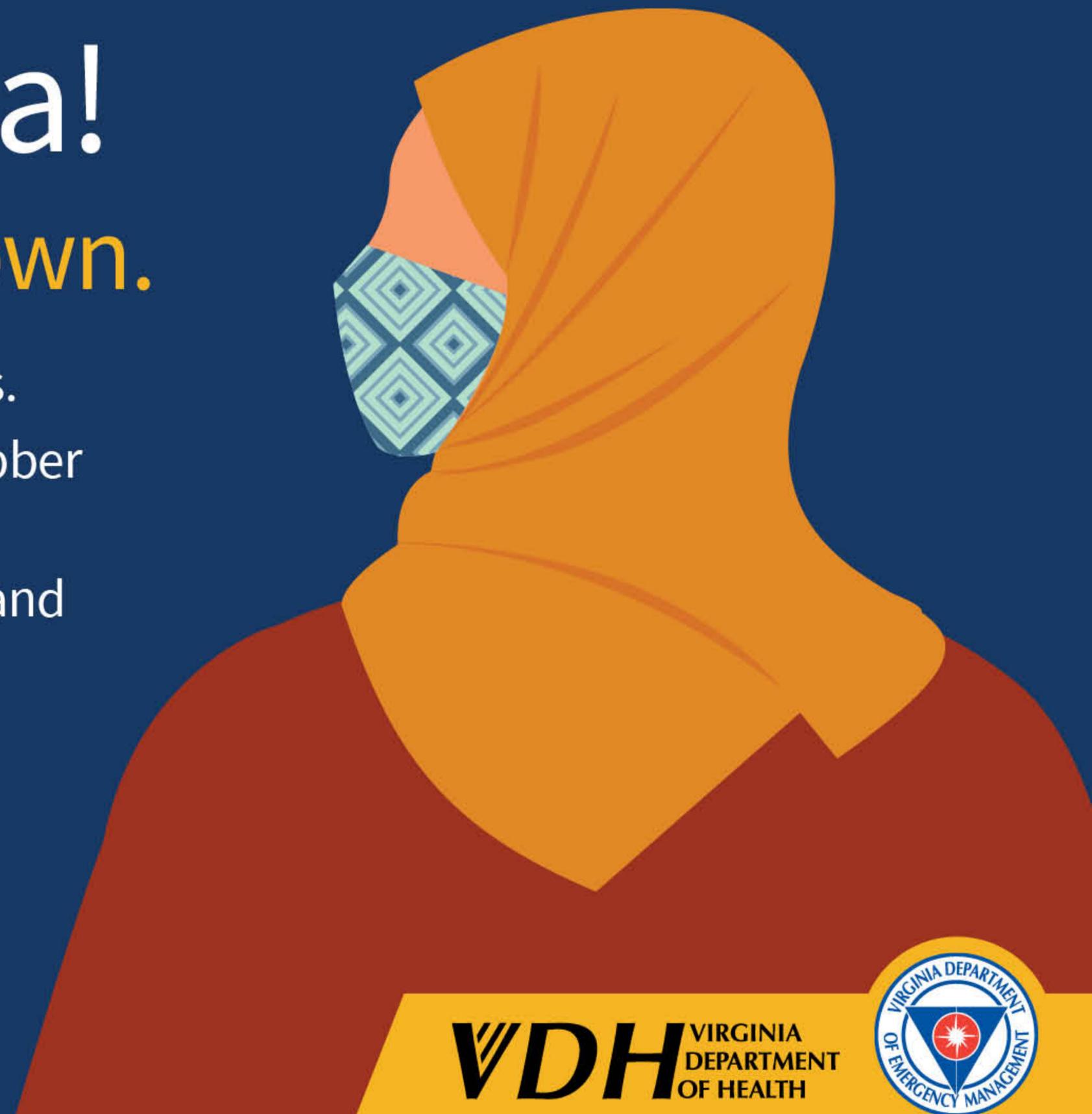


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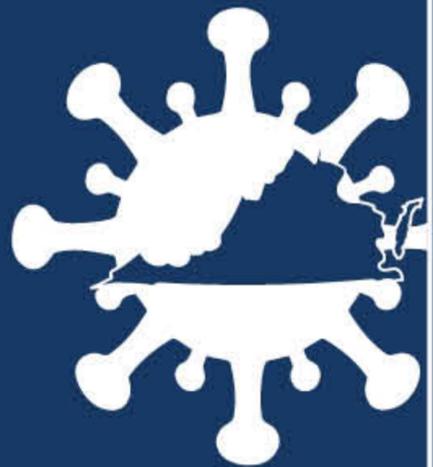
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# Mask up, Virginia!

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.



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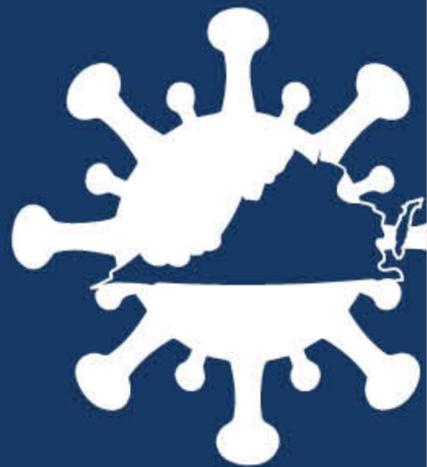
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# Mask up, Virginia!

## 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.



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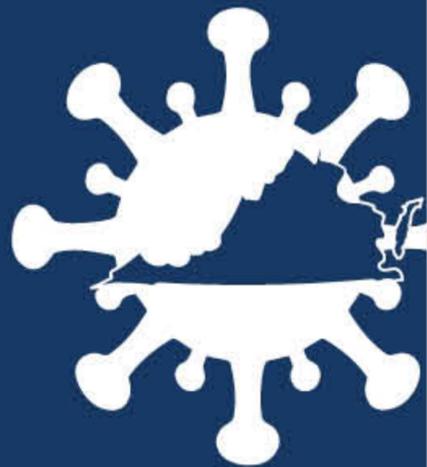
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# Mask up, Virginia!

It can save lives.

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



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Do your part,  
stop the spread.

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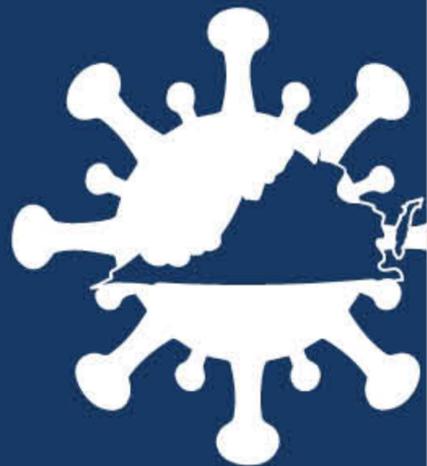
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# Mask up, Virginia!

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.



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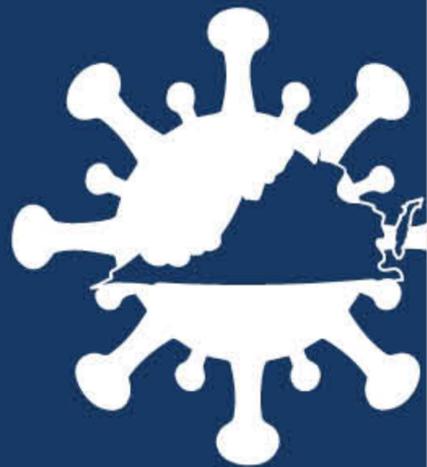
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# Mask up, Virginia!

## Stop the spread of COVID-19.

- The CDC recommends wearing a cloth mask.
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