



Superheroes wear masks.

Your health matters. Wearing a face mask will protect you, your coworkers, and your family.

- Cover your nose and mouth.
- Keep sides tight.
- Do not take mask off to talk, cough, or sneeze.
- Try not to touch your mask and face.

Learn more at vdh.virginia.gov.



**VIRGINIA'S HEALTH
IS IN OUR HANDS.**

Do your part, stop the spread.

VDH VIRGINIA
DEPARTMENT
OF HEALTH





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