

It takes a village.

Thanks for everything you're doing to stop COVID-19. We're in this together and want to help keep each other safe.

If you have to go out in public:



Wear a mask to cover your mouth and nose



Wash your hands all the time



Try to stay 6 feet away from everybody

If you need information, shelter, or other resources:

- **Call 211**
- **Visit <https://covid.virginia.gov/>**
- **Text FOOD to 877-877 to find a pick-up or drop-off meal site in your community that provides meals for children 18 and younger.**



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

Do your part,
stop the spread.

We'll get through
this together.

VDH VIRGINIA
DEPARTMENT
OF HEALTH



For more health information:
<https://www.vdh.virginia.gov/>