

**SET THE
TONE.
PROTECT
YOUR
FAMILY.**



**SET THE
TONE.**

**PROTECT
YOUR
FRIENDS.**



**SET THE
TONE.**

**PROTECT
YOUR
FAMILY.**



**SET THE
TONE.
PROTECT
YOUR
FRIENDS.**



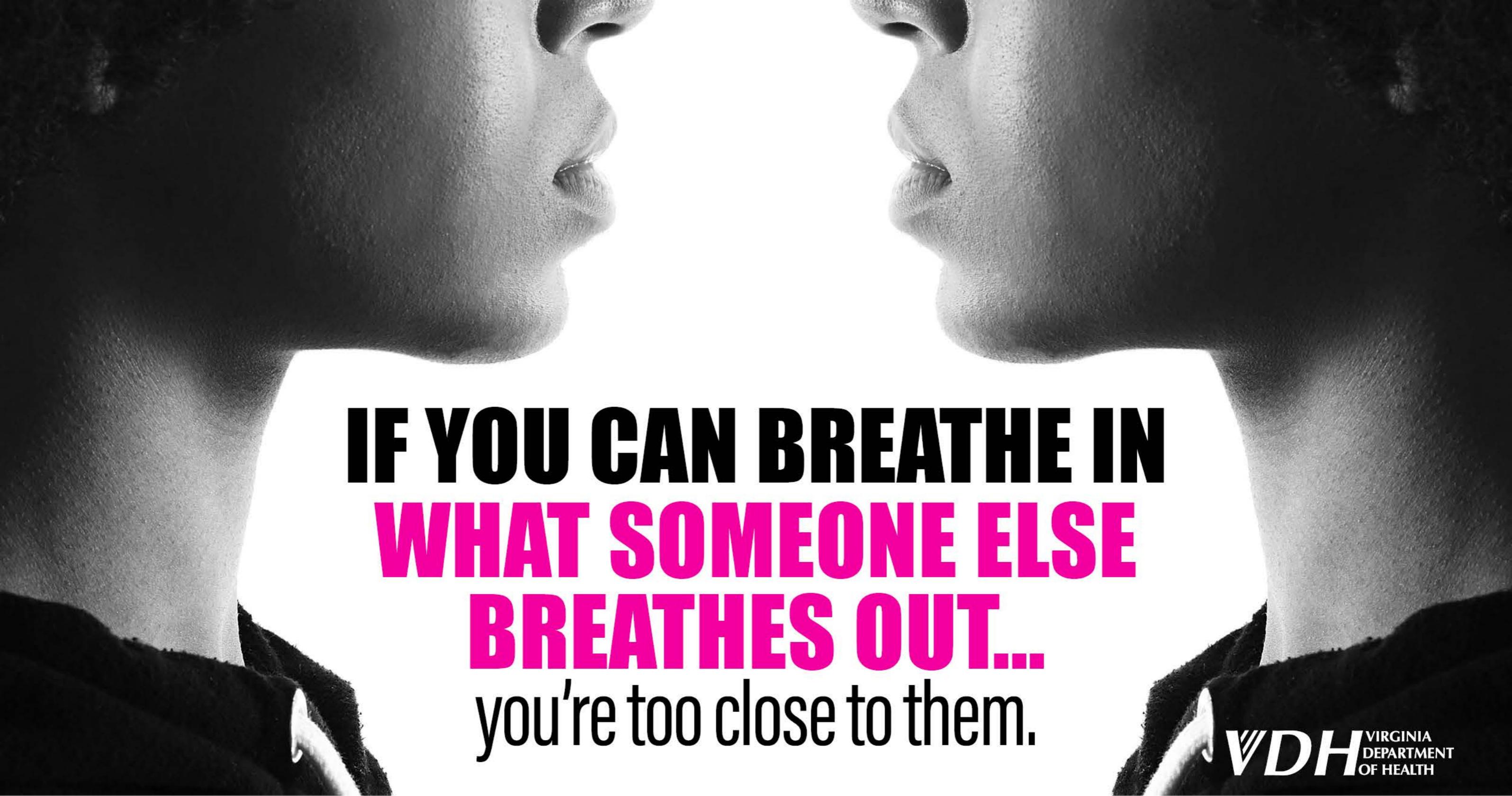
**SET THE
TONE.**

**PROTECT
YOUR
FAMILY.**



**SET THE
TONE.
PROTECT
YOUR
FRIENDS.**





**IF YOU CAN BREATHE IN
WHAT SOMEONE ELSE
BREATHES OUT...
you're too close to them.**



BEFORE
HAND WASHING



AFTER 15 SECONDS
OF HAND WASHING



AFTER 30 SECONDS
OF HAND WASHING

PROTECT YOUR PETS.

Humans can spread
COVID-19 to cats,
ferrets, and
possibly dogs.



CHANCE OF TRANSMISSION

VERY HIGH

HIGH

MEDIUM

LOW

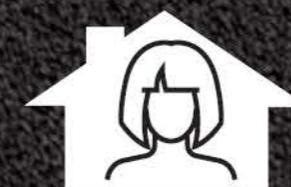
VERY LOW

ALMOST NONE

ASYMPTOMATIC COVID-19 CARRIER



UNINFECTED PERSON



6 + FEET



**STAY PHYSICALLY
DISTANCED**

**BUT SOCIALLY
CONNECTED**

**STAY PHYSICALLY
DISTANCED**

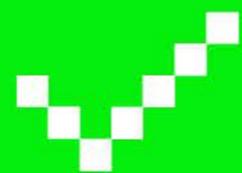


**BUT SOCIALLY
CONNECTED**



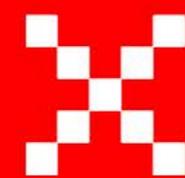
MYTH

Getting COVID-19 now will protect you in the future.



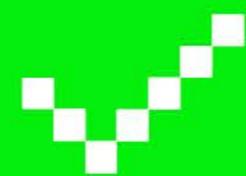
FACT

No one knows how long COVID-19 immunity lasts.



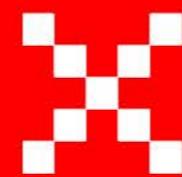
MYTH

Young people don't get sick with COVID-19.



FACT

In Virginia, 28% of infections and 6% of hospitalizations were among **young people between the ages of 10-29.**



MYTH

Getting COVID-19 is just like getting the flu.



FACT

1 in 5 young adults with COVID-19 **are still sick 2-3 weeks after being diagnosed with the virus.**

Tenforde MW, Kim SS, Lindsell CJ, et al. Symptom Duration and Risk Factors for Delayed Return to Usual Health Among Outpatients with COVID-19 in a Multistate Health Care Systems Network — United States, March–June 2020. MMWR MorbMortal Wkly Rep 2020;69:993-998. DOI: <http://dx.doi.org/10.15585/mmwr.mm6930e1external icon>