



**SET THE
TONE.
PROTECT
YOUR
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VDH VIRGINIA
DEPARTMENT
OF HEALTH



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



BEFORE
HAND WASHING



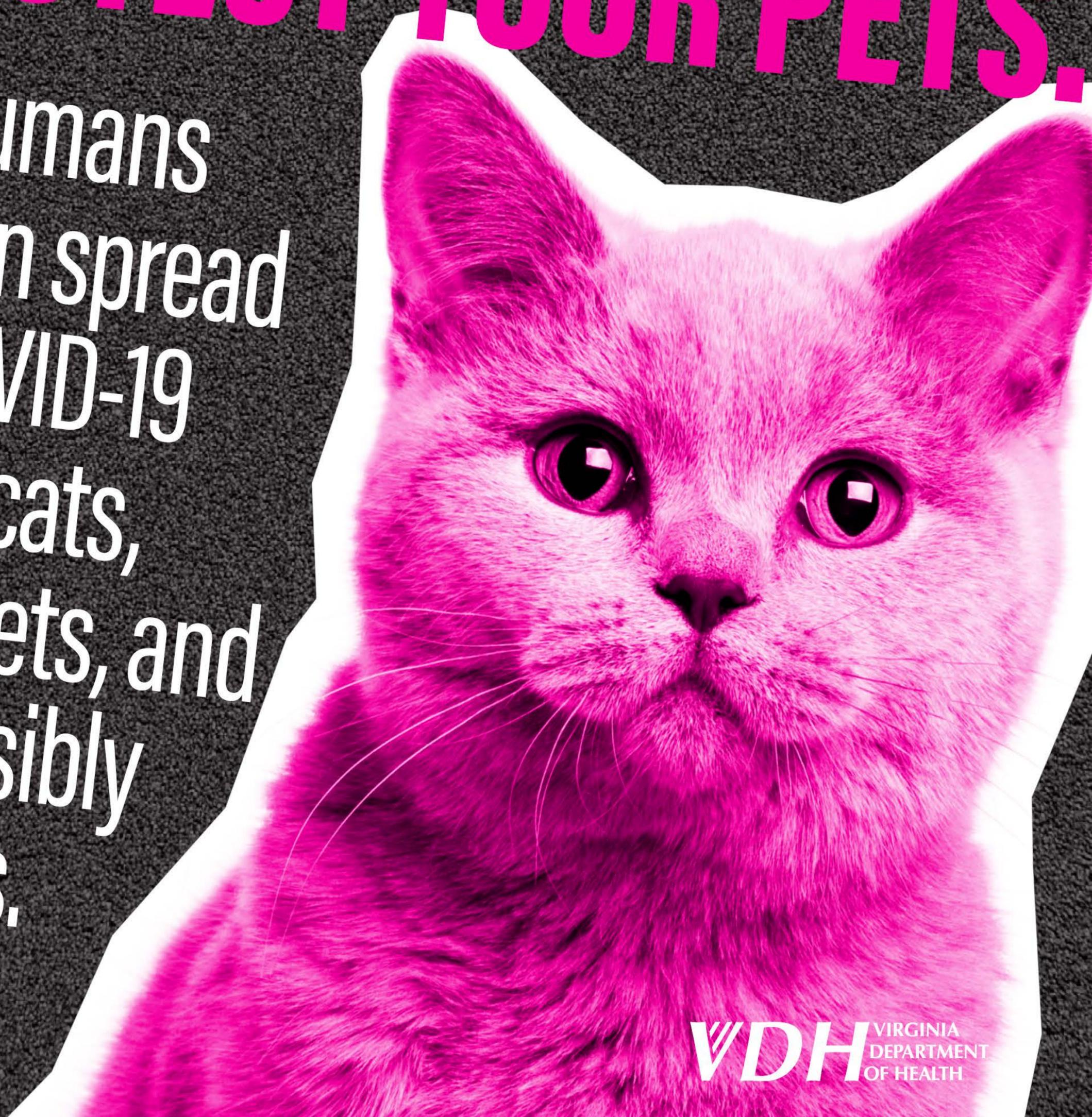
AFTER 15 SECONDS
OF HAND WASHING



AFTER 30 SECONDS
OF HAND WASHING

PROTECT YOUR PETS.

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



CHANCE OF TRANSMISSION

ASYMPTOMATIC COVID-19 CARRIER

UNINFECTED PERSON

VERY HIGH

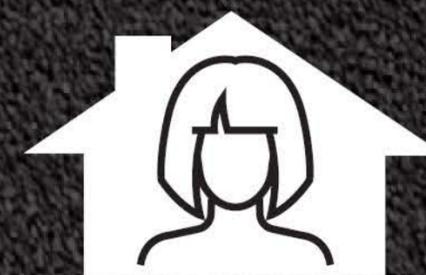
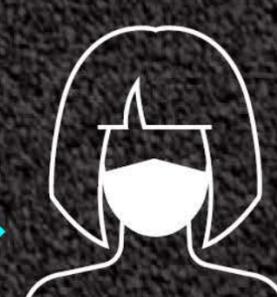
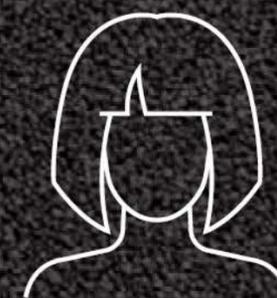
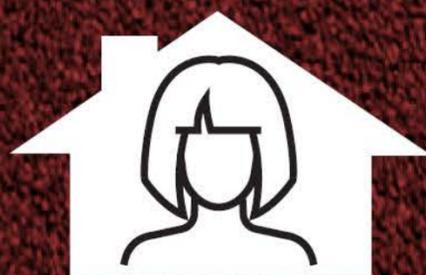
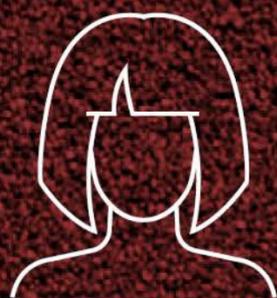
HIGH

MEDIUM

LOW

VERY LOW

ALMOST NONE



6 + FEET



**STAY PHYSICALLY
DISTANCED**

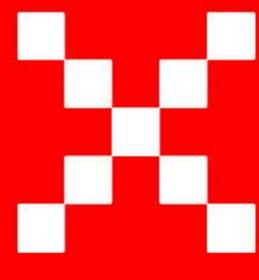


**BUT SOCIALLY
CONNECTED**

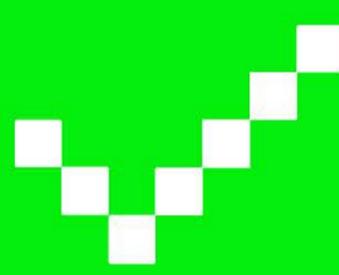
**STAY PHYSICALLY
DISTANCED**



**BUT SOCIALLY
CONNECTED**

 **MYTH**

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

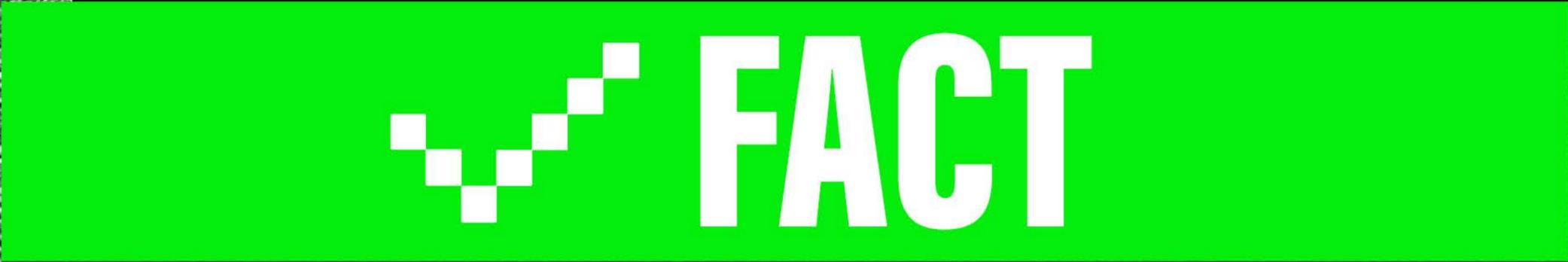
 **FACT**

No one knows how long COVID-19 immunity lasts.



MYTH

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



FACT

In Virginia, 27% 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 Multi-state 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>