SET THE TONE.

PROTECT YOUR FAMILY.

VDH VIRGINIA DEPARTMENT OF HEALTH
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PROTECT YOUR FRIENDS.
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IF YOU CAN BREATHE IN WHAT SOMEONE ELSE BREATHES OUT... you’re too close to them.
PROTECT YOUR PETS.

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