

**SET THE
TONE.**

**PROTECT
YOUR
FAMILY.**



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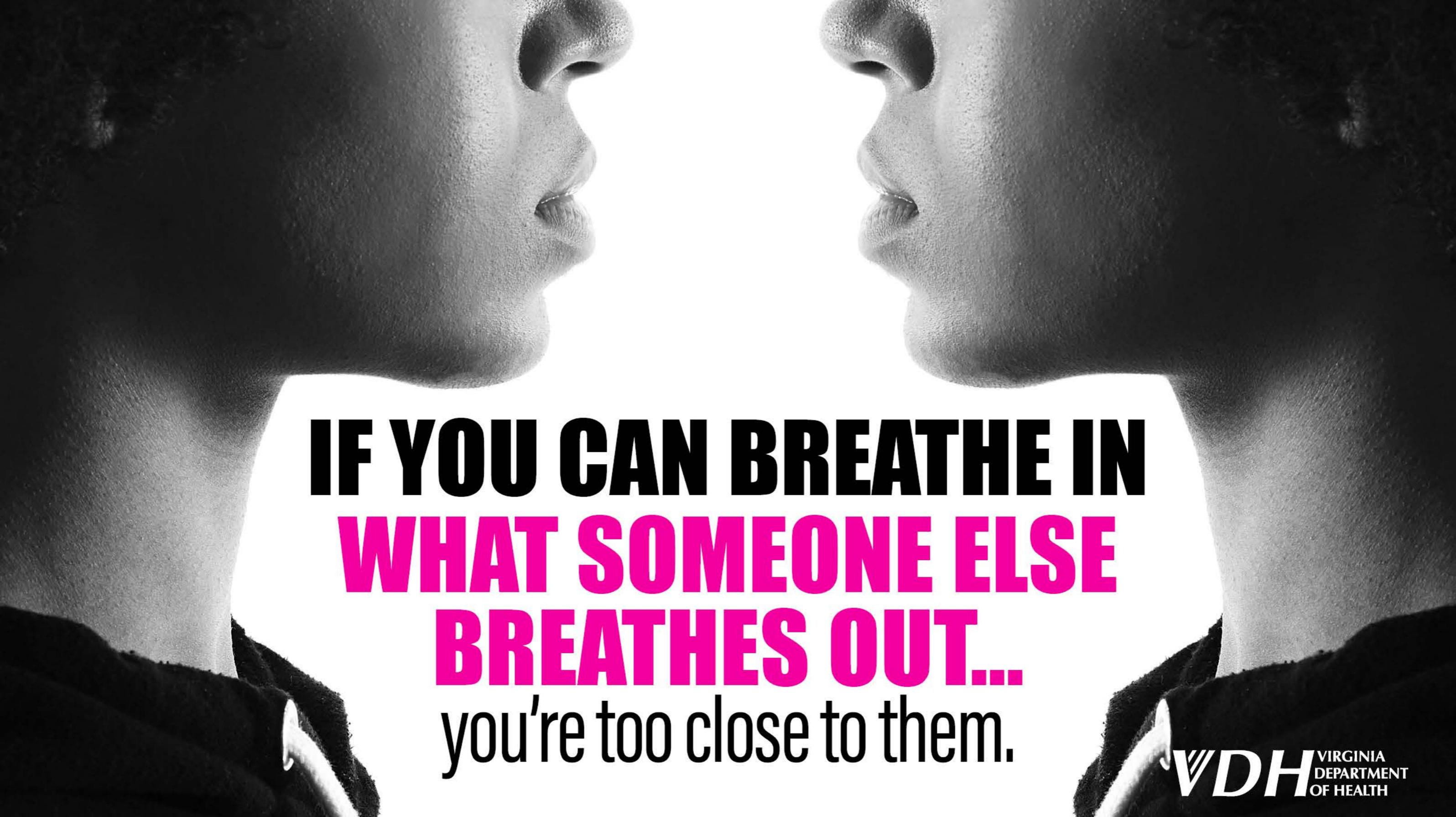
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**IF YOU CAN BREATHE IN
WHAT SOMEONE ELSE
BREATHES OUT...
you're too close to them.**



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

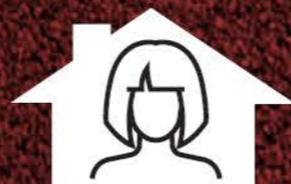
HIGH

MEDIUM

LOW

VERY LOW

ALMOST NONE



6 + FEET



**STAY PHYSICALLY
DISTANCED**

**BUT SOCIALLY
CONNECTED**

**STAY PHYSICALLY
DISTANCED**

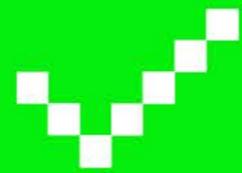


**BUT SOCIALLY
CONNECTED**



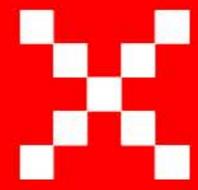
MYTH

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



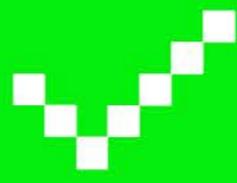
FACT

No one knows how long COVID-19 immunity lasts.



MYTH

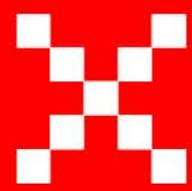
Young people don't get sick with COVID-19.



FACT

In Virginia, 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.mm6930e1>