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 BREATHTES 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.
STAY PHYSICALLY DISTANCED

BUT SOCIALY 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.