

# It takes a **village.**

Thanks for everything you're doing to stop COVID-19.  
We're in this together and want to help keep each other safe.

If you have to go out in public:



Wear a mask to cover your mouth and nose.



Wash your hands often.



Try to stay 6 feet away from others.

If you need information, shelter, or other resources:

- **Call 211**
- **Visit <https://covid.virginia.gov/>**
- **Text FOOD to 877-877 to find a pick-up or drop-off meal site in your community that provides meals for children 18 and younger.**

We'll get through this together.



**VIRGINIA'S HEALTH  
IS IN OUR HANDS.**

Do your part, stop the spread.

**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH

For more health information:  
<https://www.vdh.virginia.gov/>