Coming to work sick doesn’t make you a hero.

- Stay home, rest, and avoid others as much as possible.
- If you have to be around others, wear a mask that covers your nose, mouth, and fits tightly against the sides of your face. Everyone around you should also wear a mask.
- Call your doctor if you’re sick and discuss your symptoms.

VIRGINIA’S HEALTH IS IN OUR HANDS.
Do your part, stop the spread.