

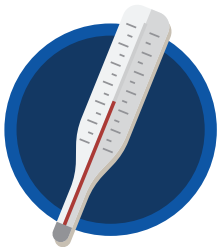
# Coming to work sick doesn't make you a hero.



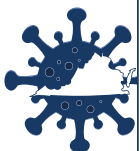
Stay home, rest, and avoid others as much as possible.



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.

**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH