Stay Home - Slow the Spread

Why is it important to stay home during COVID-19?
Limiting physical contact with others, by staying home as much as possible, is the most important step we can take in slowing the spread of COVID-19. Staying at home helps to protect those most vulnerable to severe illness: people over age 65 and those with health conditions such as asthma, diabetes, and heart disease.

Stay Home.
Save Lives.

How does staying home slow the spread of disease?
COVID-19 spreads between people who are in close contact (within about 6 feet).

Who should stay home?
Everyone should stay home as much as possible to protect their own health and the health of others.
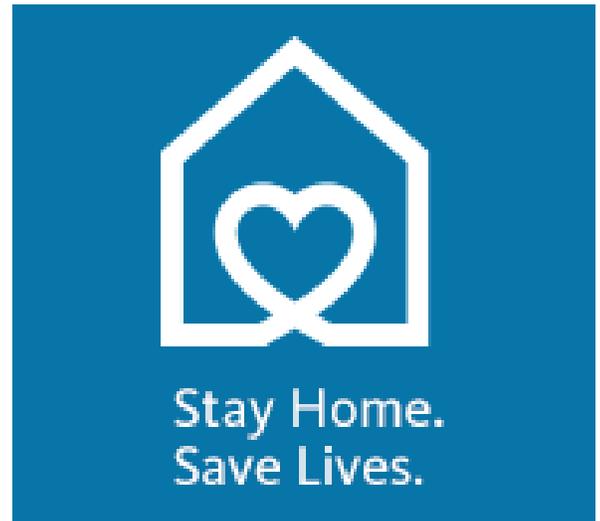
When is it ok to go out?
Travel to seek medical attention, essential work, and to obtain supplies like groceries and prescriptions is OK. When you must go out, be sure to wear a cloth face covering, practice social distancing, and wash your hands thoroughly and frequently.

What steps should I take if I have to go out?
If you must leave home, be sure to:
- Wear a cloth face covering.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose with a tissue or your sleeve.
- Wash your hands often, with soap and water, for at least 20 seconds. Use alcohol based sanitizer if you can't wash.
- Keep 6 feet of distance between yourself and others.

For more information: www.vdh.virginia.gov/coronavirus

THOMAS JEFFERSON HEALTH DISTRICT
WORKING TOGETHER FOR A HEALTHY COMMUNITY

5/20

Health Whys
A public health message from
www.tjhd.org

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To protect the health and promote the well-being of all people in Virginia.