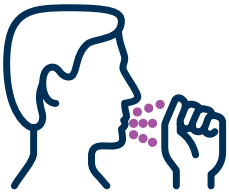
Staying apart brings us together. Protect your family and neighbors.

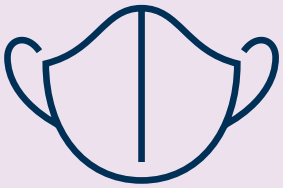
Stay home if:



You are sick.

You are at higher risk of serious illness from COVID-19.

If you leave home, know your Ws!



WEAR

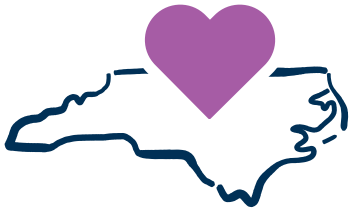
a cloth face covering.

WAIT

6 feet apart. Avoid close contact.

WASH

hands often or use hand sanitizer.



#StayStrongNC

Learn more at nc.gov/covid19.

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES