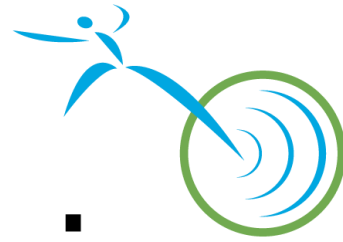


COVID-19 awareness and knowledge matter!



Livingwell
FOUNDATION

Stop the spread!

Practice safe health approaches:

- Wash hands often and with soap for 20 seconds.
- Use hand sanitizer with at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your eyes, nose, & mouth.
- Avoid close contact with people who are sick.
- Wear a face mask if you are sick.
- Cover sneezes or coughs.
- Maintain a 6' personal space in all situations.
- Stay home, especially if you are sick or have a fever.

Stay connected!

Find ways to stay in touch, through social media, phone contact, or letters.

Be kind and respectful to others.

Seek support or information as needed from government agencies.

**GO TO WWW.CORONAVIRUS.GOV
OR WWW.CDC.GOV/CORONAVIRUS
FOR UPDATES AND INFORMATION.**

**CALL 2-1-1 OR TEXT LACOVID TO
898-211 FOR REAL-TIME UPDATES
FROM THE LA DEPARTMENT OF
HEALTH.**

Living Well Foundation
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Healthier Lives, Healthier Communities

