Help prevent COVID-19 with Social Distancing

Call/Facetime/online chat with friends and family.

Stay home as much as you can.

If you must go out:

* Don’t gather in groups
* Stay 6 feet away from others
* Don’t shake hands or hug

And please continue to wash your hands frequently.

[www.mass.gov/covid19](http://www.mass.gov/covid19)

Call 2-1-1

Massachusetts Department of Public Health