YOU have the power to prevent COVID-19

Practice
SOCIAL DISTANCING

GO DIGITAL:
keep up with friends and family online.

STAY HOME as much as you can.

IF YOU HAVE TO GO OUT:
• Don’t hang out in groups
• Stay 6 feet away from others
• Don’t shake hands or hug
• Don’t share food or drinks

And don’t forget to wash your hands. A LOT.

www.mass.gov/COVID19 | Call 2-1-1

Massachusetts Department of Public Health