

ALEXANDRIA: PREPARE. PROTECT.

PREVENT THE SPREAD OF COVID-19



We must all be vigilant and act now to protect our community from COVID-19 coronavirus spread. The Alexandria Health Department strongly urges everyone to **stay home** except for essential trips such as food purchases and medical care.

To prevent the spread:



- Avoid non-essential gatherings
- Maintain six feet of personal space
- Wash your hands often or use hand sanitizer
- Clean and disinfect objects and surfaces
- Avoid touching your eyes, nose and mouth
- Cover your coughs and sneezes



Protect yourself and others: It is especially **critical to stay home** if you are sick, over 65, and/or have an existing health condition.



For alerts, text **ALEXCOVID19** to **888777**

Alexandria COVID-19 Information Line: 703.746.4988 Mon.-Fri. 9am-6pm



For the most up-to-date information from the Alexandria Health Department, visit

ALEXANDRIAVA.GOV/CORONAVIRUS