

ALEXANDRIA: PREPARE. PROTECT.

PREVENT THE SPREAD OF

# COVID-19



The Alexandria Health Department strongly urges all community members to change their daily behavior now to reduce risk from Coronavirus COVID-19, particularly to protect our most vulnerable populations.

This includes the following guidance to:

- **Avoid non-essential gatherings of 10 or more people**
- **Practice social distancing** by maintaining six feet of personal space
- **Stay home when sick**
- **Wash your hands often** or use hand sanitizer with at least 60% alcohol
- **Clean and disinfect frequently touched objects and surfaces**

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



3.20.20

**ALEXANDRIAVA.GOV/CORONAVIRUS**