How can I help my community?

Check in with your neighbors.
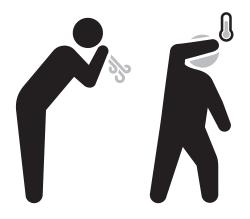Can you drop groceries off on
their doorstep?

**Limit your grocery trips, and
have them delivered if possible.**
Make sure others can get what
they need too!

**Keep the emergency room
for those who need it.**
Don't go to the ER unless you are
having a medical emergency.

Stay home but stay connected.
Stay in touch through phone calls
and online chats. It is OK to go outside
as long as you keep a safe distance
from others.

**Stay home.
Stay healthy.**

Spread the Facts

coronavirus.wa.gov