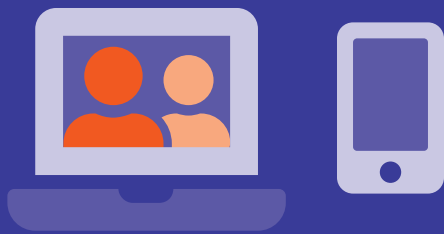


**COVID-19** (Coronavirus)

# Staying home does not have to mean being lonely

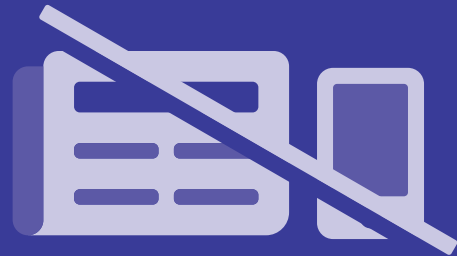
## Keep in touch with family and friends

through phone calls, video chats, and emails.



## Take breaks

from watching, reading, or listening to news and social media.



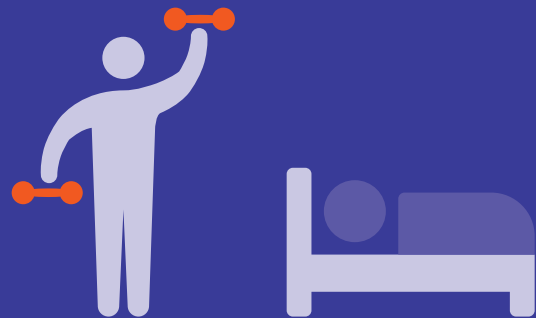
## Get outside.

Try gardening, nature walks, or listening to an audio book.



## Take care of your body.

Try to eat healthy, exercise regularly, get enough sleep, and avoid alcohol and drugs.



If you need emotional support or are experiencing a crisis, call Crisis Connections, 866-427-4747

**Spread the Facts**

**coronavirus.wa.gov**