

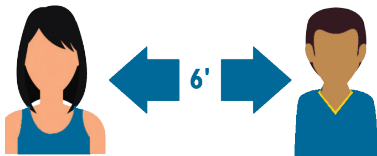
WE NEED YOUR HELP

TO SLOW THE SPREAD OF COVID-19 IN THE OLYMPIC REGION.



AVOID GATHERINGS AND CROWDS

Gatherings should be limited to no more than five people from outside your household each week.



STAY 6 FEET APART FROM OTHERS

Maintain 6 feet of distance from people outside of your household, even if you are wearing face coverings.



WASH YOUR HANDS FREQUENTLY

or use hand sanitizer. This is still one of the best ways to protect your health and avoid spreading viruses.



WEAR A FACE COVERING

Carry a face covering with you and wear it when you are around people from outside of your household.



ALWAYS STAY HOME IF YOU FEEL SICK

Stay home and avoid close contact with other people, even if your illness is mild.



GET TESTED AS SOON AS POSSIBLE IF YOU HAVE COVID-19 SYMPTOMS

Call your regular doctor or a clinic. Learn more about COVID-19 symptoms at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Encourage your friends and family to follow these steps. Be compassionate and supportive to people around you. We are all in this together!