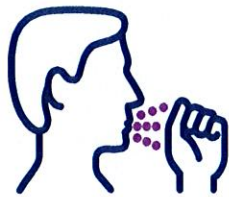


# Staying apart brings us together. Protect your family and neighbors.

Stay home if:

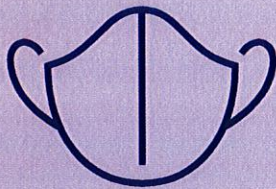


You are sick.



You are at higher risk of serious illness from COVID-19.

## If you leave home, know your Ws!



**WEAR**

a cloth face covering.



**WAIT**

6 feet apart. Avoid close contact.



**WASH**

hands often or use hand sanitizer.



**#StayStrongNC**

Learn more at  
[nc.gov/covid19](https://nc.gov/covid19).



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**

# Manteniéndonos separados, nos reúne a todos. Proteja a su familia y vecinos.

Quédese en casa si:

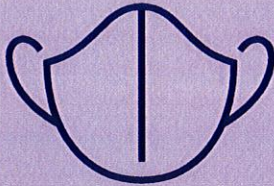


Está enfermo.



Corre un mayor riesgo  
de sufrir enfermedad  
seria por COVID-19.

**Si sale de casa, recuerde las iniciales PEL!**



**PONERSE**

un protector  
facial de tela.



6 PIES

**ESPERAR**

distanciándose 6 pies.  
Evite contacto cercano.



**LAVARSE**

las manos frecuentemente  
o bien, usar desinfectante  
de manos.



**#StayStrongNC**

Averigüe más visitando:  
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