

We all have responsibility

to stop the spread of coronavirus disease 2019 (COVID-19), and we know the **spirit of the people of the Appalachian Highlands will respond.**

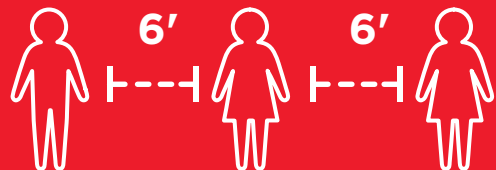


Wash Your Hands

regularly with **soap and water** for **20 seconds** - especially after sneezing or touching your face, mouth, nose or eyes.

Avoid:

- Groups of more than 10
- People who are sick, sneezing or coughing



We must keep in the forefront of our minds that

What I do affects your health,
and what you do affects mine. 