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