

Protect Your Family

Staying home saves lives

Our family is incredibly important, especially in times of crisis. They give us strength and support to overcome difficult times. COVID-19 is very harmful to our older loved ones, we want to stop the spread to protect them. During the COVID-19 Coronavirus pandemic, protect your family and community of loved ones with these simple steps.



When at home



Wash hands and disinfect surfaces often.



Connect with family over the phone or on video chat.



Maintain your important values while social distancing.

When away from home



Stay at least 6 feet away from others outside of your household.



Avoid taking the entire family to the store.



Wear a cloth face mask and bring hand sanitizer (if possible) when at the store.



Wash your hands when you are back home.

The steps we take today will keep our family healthy and safe from disease.



For more information: COVID-19.MCHEALTHY.NET
503-588-5621