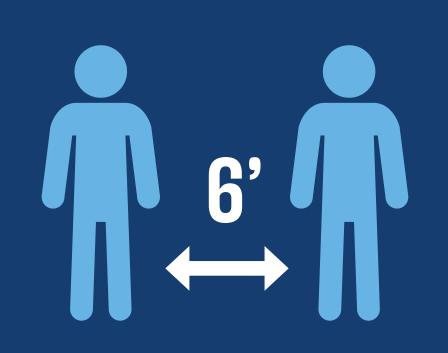
## AHEALTHYURERO COMMUNITY BEGINS HERE.



Practice physical distancing by standing at least 6 feet away from others.



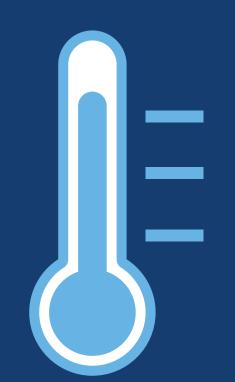
Wash your hands with soap and water for at least 20 seconds.



Wear a face covering at all times.



Avoid unnecessary physical contact with others whenever possible.



If you're feeling sick, have a fever or cough, stay home and self-quarantine.