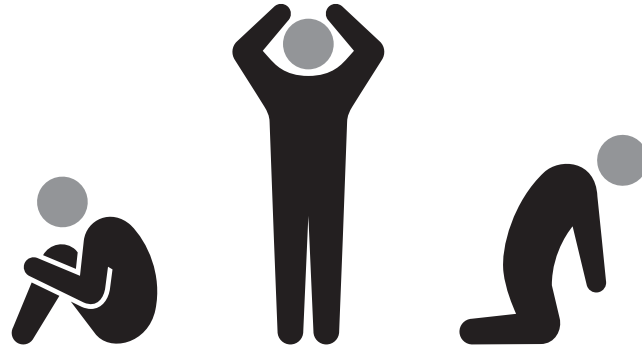


COVID-19 (Coronavirus)

It is okay

To feel stressed, afraid or anxious



It is okay

To reach out



It is okay

To ask for help



You are not in this alone

Find help at coronavirus.wa.gov



If you or a loved one is having a crisis, call **866-4-CRISIS**

Spread the Facts

coronavirus.wa.gov