

COVID-19 (Coronavirus)

Staying home does not have to mean being lonely

Keep in touch with family and friends through phone calls, video chats, and emails.



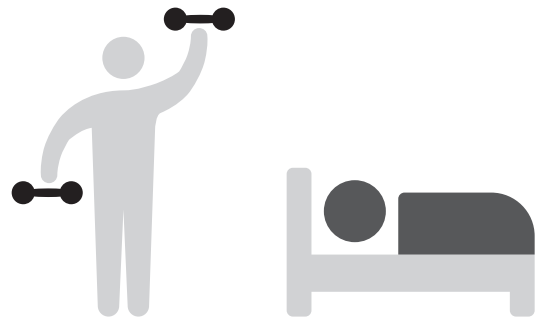
Take breaks from watching, reading, or listening to news and social media.



Get outside. Try gardening, nature walks, or listening to an audio book.



Take care of your body. Try to eat healthy, exercise regularly, get enough sleep, and avoid alcohol and drugs.



If you need emotional support or are experiencing a crisis, call Crisis Connections, 866-427-4747

Spread the Facts

coronavirus.wa.gov