PRACTICE HEALTHY HABITS
AND KEEP ILLNESS FROM SPREADING

WEAR A MASK
at all times when indoors.

WASH YOUR HANDS
frequently with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.

AVOID TOUCHING
your eyes, nose and mouth with unwashed hands.

CLEAN AND DISINFECT
frequently touched objects and surfaces using a regular household cleaning spray or wipe.

STAY HOME AND REST
when you are ill. Avoid close contact with people who are ill. Contact a medical professional with concerns.

For more info visit carolinatogther.unc.edu
HELP KEEP CAROLINA TOGETHER.
GET YOUR VACCINATION!
HEY CAROLINA!
TOGETHER WE CAN
DO THIS!

GETTING VACCINATED
PROTECTS YOU AND OTHERS
FROM COVID-19.

UPLOAD YOUR PROOF OF
VACCINATION ONLINE.