

KEEP YOURSELF AND OTHERS SAFE!

Case counts in Massachusetts are on the rise.

We all share responsibility to keep case counts of COVID-19 down.

TO KEEP CASE COUNTS DOWN, WE SHOULD ALL:



WEAR A MASK

People without symptoms can be contagious - we must all wear masks when we can't keep our distance.



WASH OUR HANDS

Use hand sanitizer if there's no soap and water.



MAINTAIN OUR DISTANCE

Stay at least 6 feet away from people we don't live with.



LIMIT INTERACTION

Budget our in-person interactions to that which is most necessary.

The actions we take today
impact the health of our region in the coming weeks.



<https://frcog.org/boards-committees/maphco/>