

# STAY STRONG LOUISVILLE



*STOP THE SPREAD*

COVID Resources: [STAYSTRONGLOUISVILLE.COM](https://www.staystronglouisville.com) | COVID Helpline: 502-912-8598

# THE FIGHT ISN'T OVER

It's been a difficult time, unlike anything we've ever experienced. We've been challenged, faced losses, and made sacrifices and changes to our lives we never expected. It's not over yet, but together we can make it through. Now more than ever we need to support each other, so we are calling on our community to stay strong, for yourself, for others, for the entire city.

Stay Strong Louisville is a hub for COVID-19 resources and information. A place to find and share support, learn about prevention, find testing resources, and pledge to do your part. We are grateful for everything our community has done. Now it's time to stay strong. The fight isn't over.

## WEAR A MASK



We know masks aren't always comfortable, but we also know that if we want to reopen our schools and businesses safely, wearing masks will help stop the spread. Consistent mask use protects those around us—from our friends, family, and loved ones, to the people ringing up our groceries and other frontline workers. We are up to this challenge. We are in this together.

Wash your hands before putting on your mask, put it over your nose and mouth and secure it under your chin. Try to fit it snugly against the sides of your face.

## AVOID LARGE GROUPS



Social distancing, also called "physical distancing," means keeping a safe space between yourself and others from outside your household so that you can prevent the virus from spreading. To practice social or physical distancing, stay at least 6 feet (about 2 arms' length) from others not from your household in both indoor and outdoor spaces. When possible, limit how often and how long you spend indoors with people who are not in your household and avoid large groups and crowded places.

## WASH YOUR HANDS



Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

## GET TESTED



Testing for COVID is a vital part of stopping the spread and continuing to ensure that both you, and your surrounding community are safe. There are many testing locations throughout the city. Additionally, we are able to provide assistance for those affected by COVID-19.

We encourage you to get tested if you feel sick, after you have recently traveled or been around large groups, or if you think you may have been exposed. It is possible to have COVID-19 without showing symptoms. To schedule a test, contact your healthcare provider or visit our resources below.