

I'm Surgeon General Jerome Adams- AMERICA's DOCTOR

All across OUR NATION, we've taken steps together to slow the spread of Coronavirus.

Now, WE MUST CONTINUE to take personal responsibility to protect ourselves and our loved ones.

Because even though not all of us risk a severe case of the virus, we all risk getting the virus and spreading it to others – maybe without realizing we're sick.

If we want to get back to school, back to work, back to worship, and back to overall health, we should:

FOLLOW state and local guidelines,

TAKE extra precautions if we are at higher risk

WASH our hands frequently.

STAY six feet from others when we can;

And WEAR face coverings in public when we can't.

These small actions will make a big difference.

Say it with me, America: Coronavirus stops with me.

Learn more at [coronavirus.gov](https://www.cdc.gov/coronavirus).