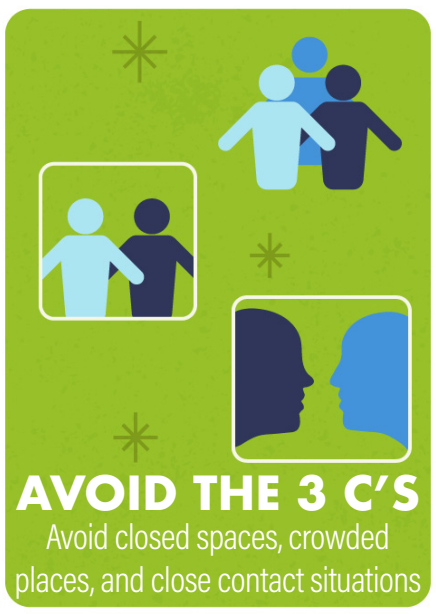
TAKE CARE, ALASKA

Alaskans know how to prepare for winter, but this one is going to be especially tough for us all. Use this guide as inspiration to help increase your resiliency during the COVID-19 pandemic this winter - to protect yourself, your family and our communities.

GET A FLU SHOT
Winterize and immunize.

INDOOR AIR
Maintain fresh air in your home.



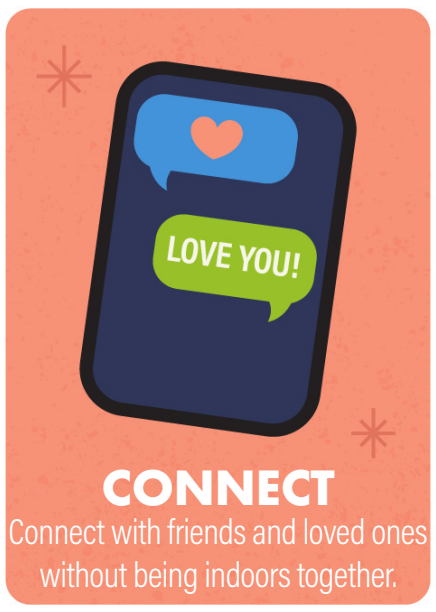
AVOID THE 3 C'S
Avoid closed spaces, crowded places, and close contact situations

SEE A DOCTOR
Catch up on preventative health. Schedule a doctor's appointment.

SEEK SUPPORT
If you are worried or stressed, and want support- contact a counselor

HEALTHY MEALS
Eat fruits and veggies, and get enough vitamin D.

SELF-CARE
Take time to unwind–read, cook, play a game, listen to music.



CONNECT
Connect with friends and loved ones without being indoors together.

COMMUNITY
Support your community. Check on friends, neighbors, and elders.

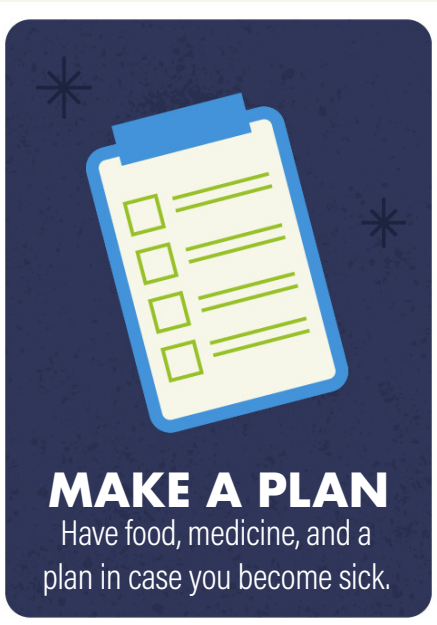
GET OUTSIDE
Bundle up, and get outside every day. Every bit of activity counts.

THE 3 W'S
Keep it up! Wear a mask, wash your hands, and watch your space.

STAY HOME
Stay home if you feel sick or have been exposed to COVID.

NEW ACTIVITIES
Try new winter activities like skating on frozen ponds.

HYDRATION
Drink plenty of water.



MAKE A PLAN
Have food, medicine, and a plan in case you become sick.

GET TESTED
Get tested if you have any symptoms, even mild ones.