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







Keep it up! Wear a mask, wash your hands, and watch your space



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





