



Doing My Part 30 Sec PSA

COVID-19 has really changed the way we live. As a caretaker for my older relatives, I'm doing my part to keep myself – and my loved ones – as safe as possible.

Not only am I making healthier meals that are packed with more lean protein, fruits, and vegetables, but I'm staying active during the day and making sure I get enough sleep at night. When I have to go out, I always make sure to wear a mask and practice social distancing.

Join me, and do your part to help stop the spread of coronavirus.

For more information, visit Alabama-Public-Health-dot-gov.

For more information, contact: Brandon Vaughn
brandon.vaughn@adph.state.al.us / 334-206-2080