



## **Protect Yourself and Others 30 Sec PSA**

Hello! I'm Mary McIntyre, Chief Medical Officer for the Alabama Department of Public Health.

The number of COVID cases and deaths in Alabama continue to rise, but you have the power to change this.

Wear a face covering or mask, stay six feet or more apart, wash your hands frequently and use hand sanitizer when soap and water isn't available.

Clean frequently touched surfaces like doorknobs, light switches, and avoid crowds. It works!

My house remains closed, and I encourage you to do the same. Stay safe!

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