Are you diabetic?

Be extra careful of COVID-19!

- **WASH HANDS OFTEN AND WEAR A MASK!**
  
  Wash hands with warm water and soap for at least 20 seconds. Hand sanitizer is good in a pinch. Keep hands away from mouth, nose or eyes, and try to wear a mask if you need to leave the house.

- **PRACTICE SOCIAL DISTANCING!**
  
  One of the hardest parts about this pandemic is staying away from friends and family. It's important, though, to distance yourself from anyone you don't live with. If you need to leave the house, stay at least six feet away from the person next to you.

- **IF YOU NEED HELP, REACH OUT!**
  
  If you feel sick, and need questions answered, please call 311 for medical advice. If you need any other resources (mental health, food, or other questions), please call 211/232-HELP. And, of course, call 911 in case of an emergency.

WE ARE HERE TO HELP YOU THROUGH THIS.

www.acadianavoad.com
Are you overweight?

Be extra careful of COVID-19!

- **WASH HANDS OFTEN AND WEAR A MASK!**
  
  Wash hands with warm water and soap for at least 20 seconds. Hand sanitizer is good in a pinch. Keep hands away from mouth, nose or eyes, and try to wear a mask if you need to leave the house.

- **PRACTICE SOCIAL DISTANCING!**
  
  One of the hardest parts about this pandemic is staying away from friends and family. It's important, though, to distance yourself from anyone you don't live with. If you need to leave the house, stay at least six feet away from the person next to you.

- **IF YOU NEED HELP, REACH OUT!**
  
  If you feel sick, and need questions answered, please call 311 for medical advice. If you need any other resources (mental health, food, or other questions), please call 211/232-HELP. And, of course, call 911 in case of an emergency.

WE ARE HERE TO HELP YOU THROUGH THIS.

www.acadianavoad.com
Do you have hypertension?

Be extra careful of COVID-19!

• WASH HANDS OFTEN AND WEAR A MASK!
  Wash hands with warm water and soap for at least 20 seconds. Hand sanitizer is good in a pinch. Keep hands away from mouth, nose or eyes, and try to wear a mask if you need to leave the house.

• PRACTICE SOCIAL DISTANCING!
  One of the hardest parts about this pandemic is staying away from friends and family. It’s important, though, to distance yourself from anyone you don’t live with. If you need to leave the house, stay at least six feet away from the person next to you.

• IF YOU NEED HELP, REACH OUT!
  If you feel sick, and need questions answered, please call 311 for medical advice. If you need any other resources (mental health, food, or other questions), please call 211/232-HELP. And, of course, call 911 in case of an emergency.

WE ARE HERE TO HELP YOU THROUGH THIS.
www.acadianavoad.com
Do you suffer from kidney disease?

Be extra careful of COVID-19!

• WASH HANDS OFTEN AND WEAR A MASK!
  Wash hands with warm water and soap for at least 20 seconds. Hand sanitizer is good in a pinch. Keep hands away from mouth, nose or eyes, and try to wear a mask if you need to leave the house.

• PRACTICE SOCIAL DISTANCING!
  One of the hardest parts about this pandemic is staying away from friends and family. It's important, though, to distance yourself from anyone you don't live with. If you need to leave the house, stay at least six feet away from the person next to you.

• IF YOU NEED HELP, REACH OUT!
  If you feel sick, and need questions answered, please call 311 for medical advice. If you need any other resources (mental health, food, or other questions), please call 211/232-HELP. And, of course, call 911 in case of an emergency.

WE ARE HERE TO HELP YOU THROUGH THIS.
www.acadianavoad.com