support our community with

PHYSICAL DISTANCING

6 FEET

Everyone—even people who are young and healthy—can help slow the spread of novel coronavirus by physical distancing:

• Keep a 6-foot distance from others
• Avoid all non-essential contact
• Gather with no more than 5 people outside your household per week
• Stay home if you’re sick
• Call your healthcare provider for advice BEFORE visiting their office

YOU ARE NOT ALONE—REACH OUT FOR HELP
It’s okay to feel anxious, scared, angry, or sad because of coronavirus. Help is available.

WWU Student Counseling Center: 360-650-3164 (select option 1 after hours)
WWU Employee Assistance Program: 1-877-313-4455

National Suicide Prevention Lifeline: 1-800-273-8255
National Crisis Text Line: Text HOME to 741741

LEARN MORE AT WWU.EDU/CORONAVIRUS