

# Be a COVID WARRIOR

## Use Your 5 Shields



Wear a mask.



Keep a safe distance from others.



Wash your hands.



Don't share germs. Keep your food and drinks to yourself.



Get vaccinated.

Visit the [National COVID-19 Resiliency Network \(NCRN\)](#) to find COVID-19 information and resources near you.



*This material was prepared by Alliant Health Solutions, a strategic partner in Morehouse School of Medicine's National COVID-19 Resiliency Network (NCRN). The funding was made possible through a grant from the US Department of Health and Human Services Office of Minority Health. The National COVID-19 Resiliency Network logo are service marks of Morehouse School of Medicine.*