

FREE DRIVE-THRU TESTING IN PHOENIX ARIZONA TESTING BLITZ COVID-19



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Ways to stay social during SOCIAL DISTANCING

Coronavirus has all of us doing whatever it takes to keep each other healthy. A big part of that is social distancing, which means avoiding big groups and public settings. Here's how to get some space – the healthy way.

INSTEAD OF...

Eating at your favorite restaurant

Traveling to see friends

Visiting elderly or sick loved ones

Going to the gym

DO THIS...

Make your favorite meal as a family

Have a video chat over coffee

Send a homemade card or call them

Go for a walk, run or bike ride



WE'RE ALL IN THIS TOGETHER.

For more mild symptoms, keep yourself and others safe by getting medical care from the comfort of home via a telehealth visit. If you need help, visit: [equalitycarecenter.com](https://www.equalitycarecenter.com) or call 602-889-9401.