

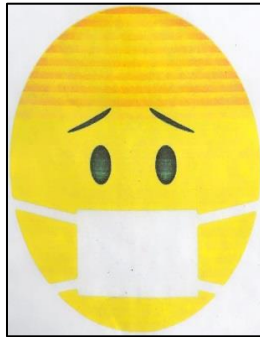
Please do your part to keep us all healthy

Click each box below to watch the video for more information

Wash your hands



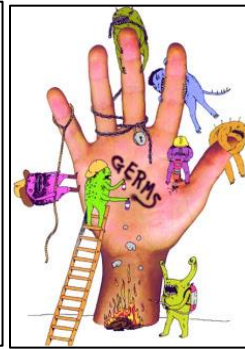
Wear a mask



Social Distance



Help stop the spread of germs



Additional Resources

- Massachusetts dial 2-1-1 will now provide real-time COVID-19 information, resources, and referrals in multiple languages.
- Who should get a test and where can I get a test: <https://www.mass.gov/covid-19-testing> (Contact your health insurance to see if a doctor's order is required for coverage)
- Feeling unwell? MA residents can get free health advice from an online health assistant [here](#)
- What you should know about COVID-19 in Massachusetts. [Massachusetts COVID-19](#)
- Local Board of Health: Tyngsboro Health Department, Telephone: 978-649-2300
- MA Department of Public Health [website](#) for up to date information on COVID-19
- Center for Disease Control [website](#) Coronavirus information site