CELEBRATE EARTH DAY 2021

ENVIRONMENT

- Wear a **reusable, washable mask**. If using a disposable mask, cut the straps before discarding.
- Learn about and use your local **recycling** program.
- **Work from home** if possible.
- **Walk** instead of driving.
- **Reduce food waste** by **composting** food scraps.
- **Support your community** by shopping at **local businesses** and **farmers’ markets**.
- **Check on your neighbors** and **loved ones**; run errands or provide other assistance to them as needed.

SELF

- **Follow local health guidelines** like wearing a **mask**, **social distancing** and **getting vaccinated**.
- **Spend time enjoying the outdoors**, even if it’s just a walk around the block.
- **Need help? Reach out** to friends, family or local resources.

COMMUNITY

Snohomish County
SNOHOMISH HEALTH DISTRICT
WWW.SNOHD.ORG