

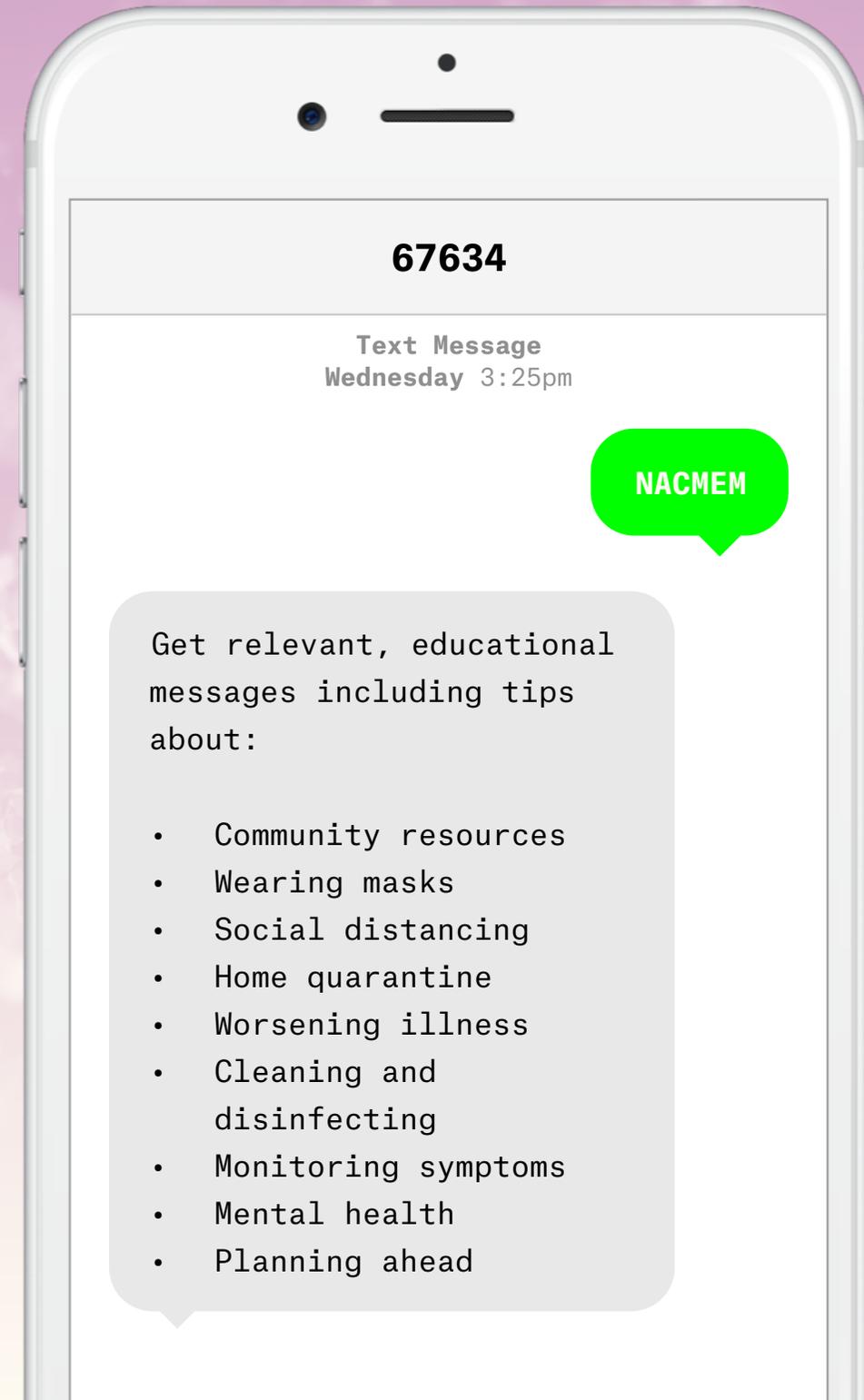


# COVID Companion

**COVID Companion is a free, self-contained chatbot available to all community members.** It shares local public health resources, educational tips, and recommendations from the CDC about COVID-19—regardless of infection status.

Get COVID Companion Now

Text **NACMEM** to **67634**  
or scan this QR code with  
your camera app



Get relevant, educational messages including tips about:

- Community resources
- Wearing masks
- Social distancing
- Home quarantine
- Worsening illness
- Cleaning and disinfecting
- Monitoring symptoms
- Mental health
- Planning ahead