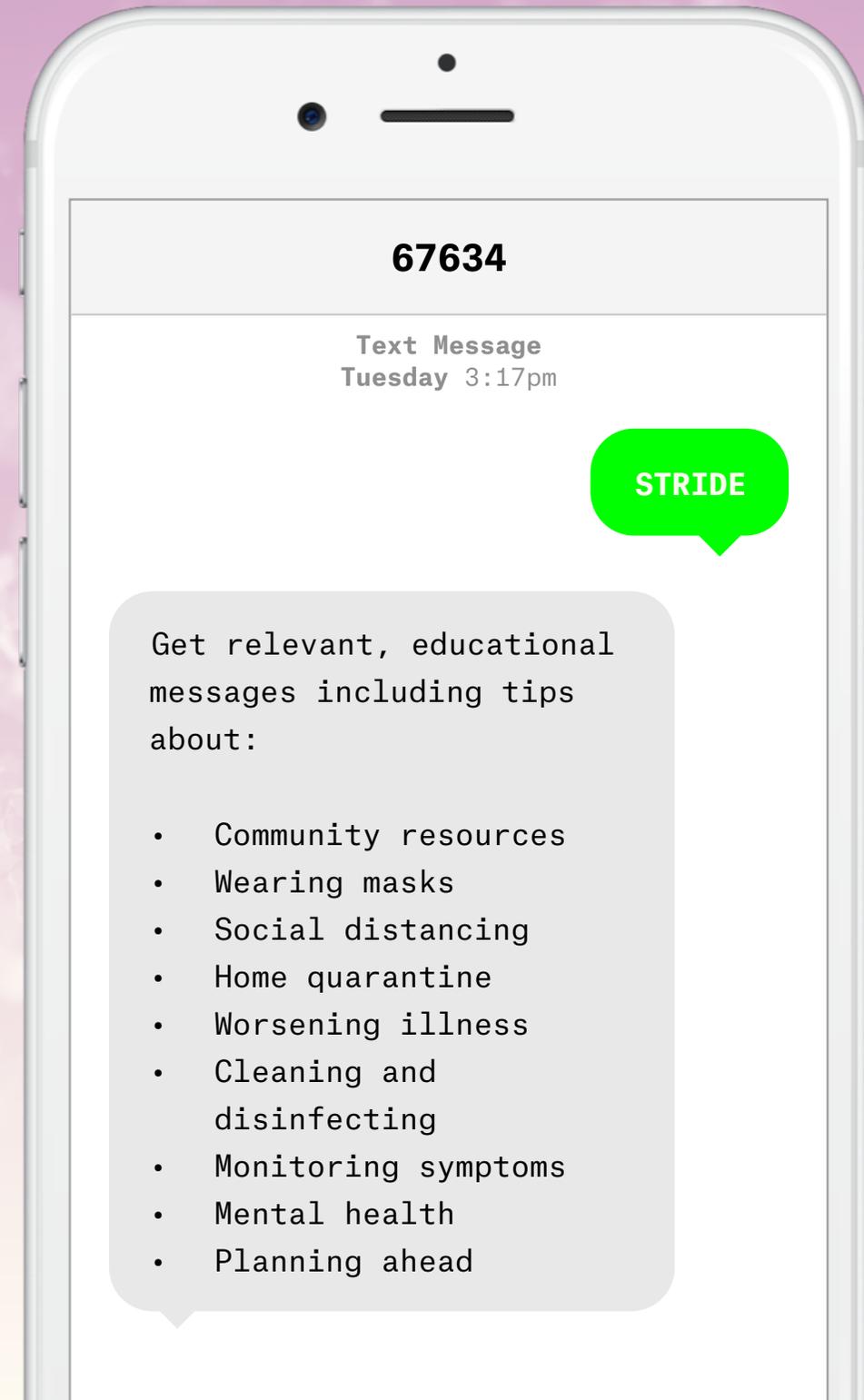# STRIDE
COMMUNITY HEALTH CENTER

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

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67634

Text Message
Tuesday 3:17pm

STRIDE

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