#VirtualHighFive

COVID-19 has been devastating our state, our country, our world. Social distancing is key, but that doesn't mean social isolation. And the Virtual High Five was born – messages written on hands to unite teens and all of humankind in the plight to do the right thing, be responsible, and stop the spread.

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- --> Share your words of encouragement with a Virtual High Five. Write it on your hand.
- --> Take a selfie.
- --> Post it. #VirtualHighFive
 Then enjoy the added bonus of washing your hands really well to get the ink off.

Each day, New York State OASAS will post and share. We're in this together. #VirtualHighFive







