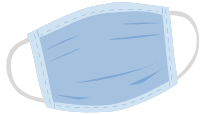


What can I do to prevent getting COVID-19?



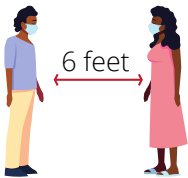
Get vaccinated and get a booster shot

- The vaccine helps prevent you from getting very sick or dying from COVID-19.
- Some people who get the vaccine may still get COVID-19. Being fully vaccinated will help you not be as sick.
- There is a vaccine approved for everyone over age 5.



Wear a mask over your mouth and nose

- Wearing a mask can help protect both unvaccinated and vaccinated people.
- Use an N95 or KN95 mask for the best protection. A surgical mask is the next best option.
- Masking indoors is recommended for vaccinated people due to the Omicron variant.
- Wear a mask in addition to staying 6 feet away from people outside your home.



Social distance from other people

- If you live with someone who is sick, try to have them stay in one room or area.
- Outside your home, stay 6 or more feet away from others (even while wearing a mask).
- Even if you are vaccinated, socially distancing can help prevent spreading COVID-19.



Avoid crowds and spaces without good air flow

- Being in places like restaurants, gyms, or movie theaters puts you at higher risk.
- Avoid indoor spaces that do not have fresh air from the outdoors.
- Open windows and doors when indoors with other people, if possible.



Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Use a hand sanitizer made of at least 60% alcohol if you cannot wash your hands.



Clean and disinfect

- Clean and disinfect frequently touched surfaces every day (tablets, doorknobs, counters, light switches, keyboards, faucets, and more).