

How to Protect Yourself and Others from COVID-19

Follow the steps below to protect yourself and others against COVID-19:



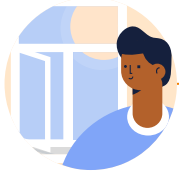
Get vaccinated and boosted

COVID-19 vaccines are highly effective at preventing severe illness, hospitalizations, and death



Test to prevent spread to others

See a health care provider, go to a testing center, or use a self-test at home



Avoid poorly ventilated spaces and crowds

Open windows and doors to bring in fresh air and avoid crowded places



Wash your hands often

Use soap and water for at least 20 seconds or use hand sanitizers with at least 60% alcohol; avoid touching your eyes, nose, and mouth with unwashed hands



Clean and disinfect

Wipe down frequently touched surfaces (such as, tables, doorknobs, light switches, countertops, handles, desks, phones, and sinks)



Stay home if you're feeling sick

Look out for COVID-19 symptoms (such as fever, cough, shortness of breath) and cover your mouth and nose with a tissue when coughing / sneezing



Wear a mask whenever possible

People may choose to mask at any time. Those with symptoms, a positive test, or exposure to someone with COVID-19 **should** wear a mask

The CDC recommends continued mask use in communities where serious cases of COVID-19 are straining the health system.