

PREVENTIVE MEASURES

COVID-19 is highly contagious. Here is some advice on how to protect yourself and your family.

Get Vaccinated

- Vaccines can protect you from COVID-19.
- Get a COVID-19 vaccine as soon as you can.
- There are four authorized COVID-19 vaccines in the United States.
 - o Pfizer-BioNTech
 - o Moderna
 - o Novavax
 - o Johnson & Johnson's Janssen (J&J/Janssen) – CDC recommends that the J&J/Janssen COVID-19 vaccine only be considered in certain situations, due to safety concerns
- Updated boosters are recommended – CDC recommends 1 updated COVID-19 vaccine dose for everyone aged 6 months and older.
- Visit [vaccines.gov](https://www.vaccines.gov) to find COVID-19 vaccine locations near you.



Wear a Mask

- To protect yourself and others from COVID-19, CDC continues to recommend wearing masks.
- Masks are effective at reducing transmission of COVID-19 when worn consistently and correctly. Masks should fit snugly over your nose, mouth, and chin.
- People may choose to wear a mask at any time.
- Masks should not be worn by children younger than 2 years.
- Masks are recommended:
 - o When caring for someone who is sick with COVID-19.



- o If you are at increased risk for severe illness, for example, people who are immunocompromised, older adults, and people with certain underlying medical conditions.
- o When physical distancing is not possible or in crowded indoor or outdoor public settings.
- o In public transportation settings.
- o If you are not up to date on COVID-19 vaccinations.
- o When the COVID-19 Community Level is high.
- Disposable masks should be thrown away after they are worn once or as soon as they become wet or dirty.
- Cloth masks should be washed at least once a day or as soon as they become wet or dirty.

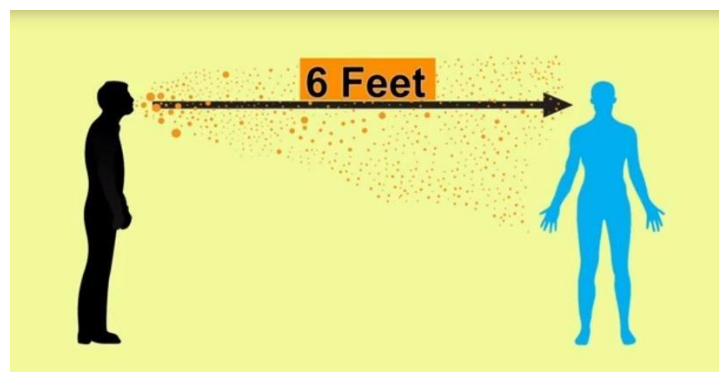
Wash your Hands Often

- Remember to wash your hands often with soap and water for at least 20 seconds.
- Especially wash your hands:
 - Before eating or preparing food
 - After using the restroom
 - After leaving a public place
 - After blowing your nose, coughing, or sneezing
 - After caring for someone sick
 - After touching animals or pets
- You can still take care of your hands if water is not available by using a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



Social Distancing

- Put at least 6 feet between yourself and people you don't know.
- Even at home, if someone is sick with COVID-19, maintain at least 6 feet distance between yourself and that person.
- If you are at higher risk of getting sick, keeping distance from others is very important.



- Remember 6 feet is about 2 arm lengths.
- The goal of social distancing is to reduce the risk of spreading COVID-19.

Cover Coughs and Sneezes

- Always cover your mouth and nose with a tissue or the inside of your elbow when you cough or sneeze.
- Always throw used tissues in the trash.
- Immediately wash your hands after or use hand sanitizer if water is not available.
- If you are wearing a mask and you cough or sneeze, remove the mask and put a clean one on as soon as possible.



Clean and Disinfect

- Always clean high touched surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks).
- If somebody is sick with COVID-19, clean and disinfect touched surfaces.
- First, clean with soap and water. Then, use a household disinfectant product from [EPA's List N: Disinfectants for Coronavirus \(COVID-19\)](#) according to the manufacturer's labeled directions.



Avoid Poorly Ventilated Spaces and Crowds

- Remember that crowded areas like restaurants, bars, movie theaters, and fitness centers can put you at risk for COVID-19.
- Try to avoid indoor spaces that do not offer fresh air.
- Limit the number of visitors in your home.
- When possible while indoors, bring in fresh air by opening windows and doors.



For more information about how to protect yourself, you can visit:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://www.osha.gov/coronavirus/control-prevention>

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