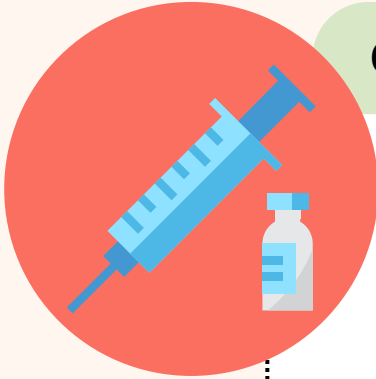


# COVID-19 Prevention Strategies



## Core Prevention Strategies:

**Stay up to date with COVID-19 vaccines.** Staying up to date on COVID-19 vaccines significantly lowers the risk of getting very sick, being hospitalized, or dying from COVID-19.

**Practice good hygiene** (regular hand-washing, cover mouth & nose when sneezing/coughing, clean surfaces regularly)

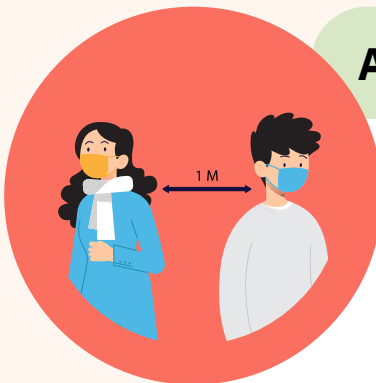
**Take steps for cleaner air** (bringing in fresh outside air, purifying indoor air, or gathering outdoors)

## When you are sick:

Use precautions to prevent spread, including staying home and away from others (including people you live with who are not sick) if you have respiratory symptoms. Seek health care promptly for testing and/or treatment if you have risk factors for severe illness.



## Additional Prevention Strategies:



**Wearing a mask** and **putting distance between yourself and others** can help lower the risk of COVID-19 transmission.

**Testing for COVID-19** can help you decide what to do next, like getting treatment to reduce your risk of severe illness and taking steps to lower your chances of spreading COVID-19 to others.

## Key Times for Prevention:

When respiratory viruses, such as COVID-19, flu, and RSV, are causing a lot of illness in your community.  
When you or those around you have risk factors for severe illness.

When you or those around you were recently exposed to a respiratory virus, are sick, or are recovering.

