

TOP TEN TIPS

TO STAY SAFE DURING THE PANDEMIC



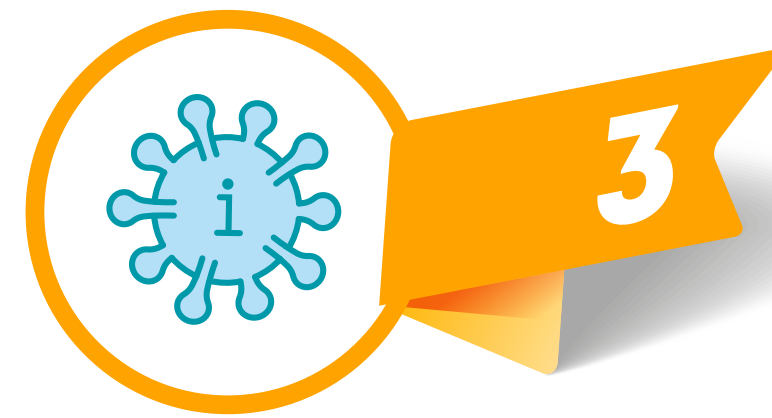
MASK UP

When you're indoors but outside of your own house, wear a mask and make sure it fits well.



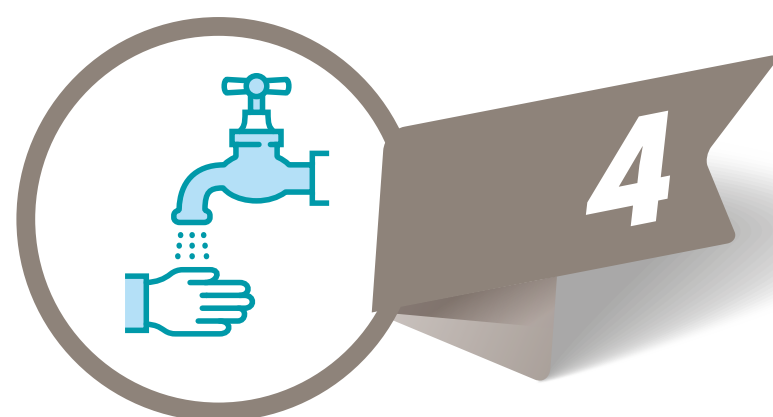
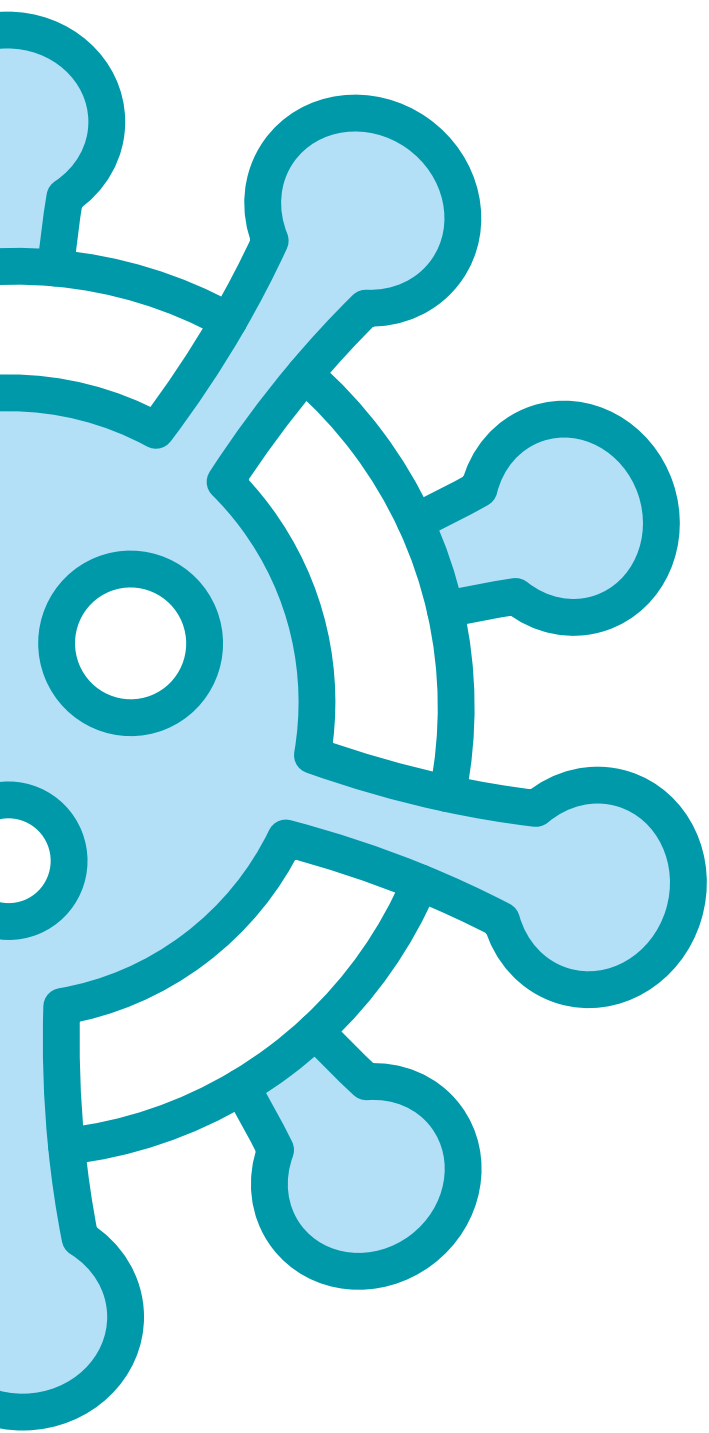
AVOID CROWDS

Stay away from crowded, poorly ventilated spaces. Get together in a group only if everyone is vaccinated or has tested negative for COVID.



LEARN THE SCIENCE

Get your information from actual scientists, not social media or news channels with political leanings.



WASH HANDS

Wash your hands well and often. Use hand sanitizer if you don't have soap and water.



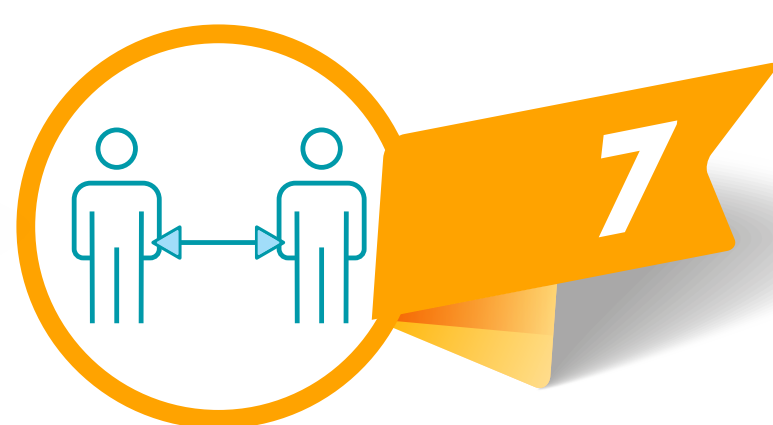
QUARANTINE

If a family member is sick, isolate them as best you can. If you were exposed, be sure to follow quarantine measures.



KEEP COVERED

Keep "mask-off" activities like sharing meals to a minimum outside of your own household.



SOCIAL DISTANCE

Whenever you're outside of your house, stay 6 feet away from others.



GET TESTED

If you have COVID symptoms, get tested as soon as possible so you can get treatment if needed. If you test positive, tell the people you have been in contact with that they have been exposed.



SHRINK YOUR BUBBLE

When transmission rates are high, keep your social bubble small.



GET VACCINATED

Vaccination is your best protection against COVID-19. Following CDC guidelines, get vaccinated as soon as you can and sign up for boosters when they're called for.

