COVID-19 PREVENTION

"Protecting Yourself & Others"

PREVENTION

Get Vaccinated
Staying up to date with COVID-19 vaccines helps your body develop protection from the virus that causes COVID-19.

Ventilation
Increasing ventilation can help prevent virus particles from indoor air.

Getting Tested
If you have COVID-19 symptoms you should get tested.

Stop the Spread
Get tested if you have symptoms, stay away from others.

BEING EXPOSED

If you have been exposed to someone with COVID-19 you may have been infected. Follow CDC's recommendations which includes wearing a high-quality mask indoors around others including your household and monitoring your symptoms. Even if you don't have symptoms you could have COVID-19 and spread it to others.

TREATMENT

Seeking treatment if you have COVID-19 and are at high risk of getting very sick. Contact your healthcare provider about treatment options. Start treatment as soon as possible with guidance from your healthcare provider.

STAYING HOME

Stay home when you suspect or confirmed COVID-19 from a licensed facility. PCR tests are more likely to detect the virus compared to antigen tests. Even if you don't have symptoms or a recent exposure to COVID-19, testing may help you make informed decisions about your health and your risk of spreading COVID-19 to others.

TAKE ACTION

Mask wearing is made to contain droplets and particles that you breathe, cough or sneeze out. Respirators like the N95 are also made to contain droplets and can also block droplets and particles you breathe. Increasing space and distance will help you avoid being exposed to viruses that causes COVID-19.

Protect you, your family & COMMUNITY

Protecting you, your household, and your community from severe illness from COVID-19. There are various ways your actions can help prevent the spread of COVID-19.