



PROTECT YOURSELF & OTHERS FROM COVID-19

GET A COVID-19 VACCINE



COVID-19 vaccines are the best protection against severe illness, hospitalization, and death due to COVID-19.

Vaccines are safe, effective, and free.

WEAR A MASK



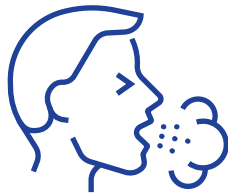
Where transmission rates of COVID-19 are high, it is recommended that both unvaccinated and vaccinated individuals wear a mask in public indoor spaces.



STAY 6 FEET FROM OTHERS

Stay 6 feet apart from people who don't live in your household, especially if you are at high risk of getting very sick from COVID-19.

People without symptoms can still spread the virus.



COVER COUGHS AND SNEEZES

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

Immediately wash hands with soap and water or use hand sanitizer that's at least 60% alcohol.



CLEAN AND DISINFECT

Clean high touch surfaces daily.

If someone is sick or has tested positive for COVID-19, clean and disinfect surfaces they touched.

WASH HANDS OFTEN

Wash hands often with soap and water, especially after you have been in a public place, or use hand sanitizer that's at least 60% alcohol.

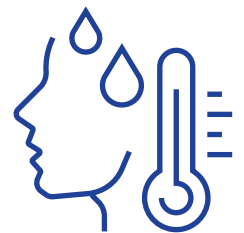


Avoid touching your eyes, nose, and mouth with unwashed hands.

MONITOR YOUR HEALTH DAILY

Watch for fever, cough, shortness of breath, or other COVID-19 symptoms.

If you have symptoms – especially if you've been around someone with COVID-19 – get tested as soon as possible.



For more information visit nvcovidfighter.org