



# Protect yourself and others from COVID-19

## STOP THE SPREAD.

There are several simple, yet effective things each of us can do to make a difference in the fight against COVID-19. Together we can end the COVID pandemic by practicing these basic prevention tips.

### 7 THINGS YOU CAN DO

<b>get vaxxed</b>	COVID-19 vaccines are safe, effective, and free. Everyone 5 years and older is eligible for a COVID vaccine. <a href="#">Find free vaccines and boosters.</a>
<b>get boosted</b>	Booster shots are recommended for everyone ages 12 and up, especially seniors 65+ years old and people with <a href="#">certain conditions</a> .
<b>get tested</b>	Testing can tell you if you're at risk of spreading COVID-19. Consider using a self-test before joining indoor gatherings with others who live outside your household. <a href="#">Find free self-test kits</a> (covid.gov).
<b>get treated</b>	There are medications that can treat people at high risk of severe illness, to help prevent hospitalization and death. Contact your doctor as soon as you develop symptoms and/or test positive for COVID-19, to see if you are eligible for treatment. <a href="#">Treatments</a> work best when started early.
<b>wear a mask</b>	Any mask is better than no mask. <a href="#">Wear the most protective mask</a> you can that fits well and that you will wear consistently to prevent COVID from spreading, especially if you are at high-risk. <a href="#">Find free masks (CDC)</a> .
<b>watch your distance</b>	Avoid crowded spaces and people who are sick. Stay home if you are sick. If you are not <a href="#">up-to-date on vaccines</a> , maintain 6 feet from others, especially if you or others nearby are at increased risk of severe illness.
<b>wash your hands</b>	Wash hands often with soap and water for 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are unavailable.