Navigating COVID from Here

1) **Monitor your Community Level** to know the level of risk and recommended guidance.

2) **Get vaccinated and boosted.** The COVID vaccine is the best tool at preventing severe illness and reduces how easily the virus can spread.

3) **Get tested** if you are symptomatic or exposed.

4) **Access treatment** as soon as you test positive and are symptomatic, even with mild symptoms.

5) **Wear a high-filtration mask** to reduce community spread, especially if you are symptomatic, were exposed, or are at high risk.

6) **It's okay to ask questions** about people who may be coming into your home, such as their vaccination status.

7) **Maintain improved ventilation** throughout indoor spaces when possible.

8) **Wash your hands.**

9) **Take care of yourself and each other.**

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