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.