Protecting Against COVID: Core Facts

01 COVID remains a threat, especially to older adults and people with various chronic conditions such as hypertension and diabetes. It can lead to hospitalization, death, and long COVID – in as many as 33% of those who are infected.

02 Vaccines are safe, effective, and remain the best way to prevent severe illness, hospitalization, and death. Adults, pregnant women, and children 5 years and older should be up-to-date on their COVID vaccinations, including booster shots, according to CDC guidelines, even if you have already had COVID.

03 Make your space COVID safe: Use a HEPA air purifier; wear a mask and socially distance; test when you have symptoms or have been exposed to the virus; monitor rates of COVID in your community.
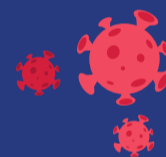
Invest In A HEPA Filter	Wear A Mask And Social Distance	Test Yourself When You Have Symptoms	Monitor Rates In Your Area

04 If you test positive for COVID be sure to isolate yourself as recommended and contact your physician and pharmacist promptly for treatments that can help.

We all look forward to an end to COVID risks. In the meantime, get the facts and protect yourself, your family, and your community.
To learn more, check out these resources:

COVID Risks
https://bit.ly/3tDakTi

Vaccination Info
https://bit.ly/3xPmuLk

Vaccine Effectiveness
https://bit.ly/3b47EaU

Creating Safer Spaces
https://bit.ly/3xSVnir

COVID Testing
https://bit.ly/3NTVRdN

COVID Treatment
https://bit.ly/3ObzFeO

COVID Rates In Your County
https://bit.ly/3b49CYQ

Vaccines Near You
https://bit.ly/39oTktb

Center for **Sustainable Health Care** Quality and Equity

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