How to Protect Yourself and Others from COVID-19

Follow the steps below to protect yourself and others against COVID-19:

- **Get vaccinated and boosted**
  COVID-19 vaccines are highly effective at preventing severe illness, hospitalizations, and death.

- **Test to prevent spread to others**
  See a health care provider, go to a testing center, or use a self-test at home.

- **Avoid poorly ventilated spaces and crowds**
  Open windows and doors to bring in fresh air and avoid crowded places.

- **Wash your hands often**
  Use soap and water for at least 20 seconds or use hand sanitizers with at least 60% alcohol; avoid touching your eyes, nose, and mouth with unwashed hands.

- **Clean and disinfect**
  Wipe down frequently touched surfaces (such as, tables, doorknobs, light switches, countertops, handles, desks, phones, and sinks).

- **Stay home if you’re feeling sick**
  Look out for COVID-19 symptoms (such as fever, cough, shortness of breath) and cover your mouth and nose with a tissue when coughing / sneezing.

- **Wear a mask whenever possible**
  People may choose to mask at any time. Those with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.

The CDC recommends continued mask use in communities where serious cases of COVID-19 are straining the health system.