

NJHealth
New Jersey Department of Health

COVID-19 is Still Here!
Tips on How to Stay Healthy

1 Get Vaccinated:

- Everyone six months and older can get the COVID-19 vaccine.
- Vaccination is important if you are:
  - under two years
  - 65 years or older
  - pregnant
  - at high risk for severe COVID-19 illness
  - not up-to-date with your COVID-19 vaccine
- Visit nj.gov/health/covid-19/information/vaccines/ or scan QR code to find vaccine locations. No prescription is needed!

2 Stay Home When Sick:

- Stay home when you feel sick. Get tested if you have COVID-19 symptoms (headache, sore throat, fever, etc.).
- Talk with your health care provider if you are at higher risk for severe COVID-19, like pregnant people or those with conditions like asthma, diabetes.
- Don't wait! Medicine must be started within 5 to 7 days after symptoms start.



3 Practice Healthy Habits:

- Clean high-touch surfaces (remotes, countertops).
- Wash hands for at least 20 seconds.
- Cover coughs and sneezes.
- Open windows and air filters for cleaner air, if possible.
- Avoid crowds to help prevent the spread of germs.



For more information, visit: nj.gov/health/covid-19