

Steps to Stay Healthy

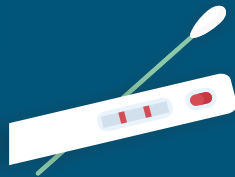
Use these strategies to reduce the spread of COVID-19

Get vaccinated



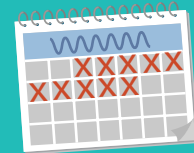
Wear a mask

Stay home if you're sick



Get tested if exposed or have symptoms

Follow quarantine and isolation guidelines



Increase fresh air

Wash your hands



Clean and disinfect

National Center on

Health, Behavioral Health, and Safety



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