

# STEPS TO PROTECT YOUR HEALTH



Whether you're at increased risk for severe illness from COVID-19, or if you live or visit with people at high risk, take the steps you need to protect your community from COVID-19.

## What You Need to Know

Your risk for severe illness with COVID-19 increases as you get older. Underlying medical conditions can also increase your risk for severe illness.

- Risk for severe illness with COVID-19 increases with age, with older adults at highest risk.
- Certain medical conditions can also increase your risk for severe illness.
- People at increased risk, and those who live or visit with them, need to take precautions to protect themselves from getting COVID-19.



## Reducing Your Risk

The best way to protect yourself and to help reduce the spread of COVID-19 is to:

**Get vaccinated as soon as you can. You have three ways to find vaccines near you:**

- Go to [vaccines.gov](https://www.vaccines.gov)
- Text your **ZIP code** to **438829**
- Call **1-800-232-0233**

If you've been vaccinated, you may be eligible for a booster shot to keep up your protection. See [the latest guidance on boosters](#).

**Until you're up to date with your COVID vaccines:**



Wear a mask when you interact with others. Wear a mask when you're inside public places (even vaccinated people in areas of substantial or high **spread of COVID-19** should wear a mask inside public places to maximize protection from the highly contagious variants and prevent possibly spreading it to others).



Keep at least 6 ft. of distance (about two arm lengths) from people who don't live with you and who may not be vaccinated.



Attend community, church, and civic meetings virtually from your own home.



Avoid crowds and poorly ventilated spaces.