GET ACCESS TO THE FACTS
HOW TO CONTINUE TO TAKE CARE OF OURSELVES

**STAY UP TO DATE WITH VACCINES & BOOSTERS**
- Everyone ages 5 years & older should get 1 booster after completing their COVID-19 vaccine primary series, if eligible.
- Some people ages 12 years and older who are moderately or severely immunocompromised should get 2 boosters.
- Adults ages 50 years and older should get 2 boosters.
- Go to: cdc.gov to find out when to get a booster.

**GET BACK TO NORMAL & STAY SAFE**
- Wear a mask indoor and in poorly ventilated places.
- Maintain distance.
- Wash your hands.
- Cover coughs and sneezes.
- Clean & disinfect.
- Monitor your health.
- Focus on your wellbeing.
- Boost yourself and boost your loved ones.

**TAKE CARE OF YOUR MENTAL HEALTH**
- Check yourself and check others.
- Stay positive and get physically active.
- Take a break from the news.
- Find and share information only from trusted sources.
- Eat healthy.
- Take a “you” moment.
- Look for support when feeling stressed or anxious.