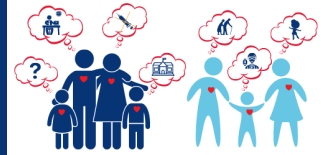


# GET ACCESS TO THE FACTS

HOW TO CONTINUE TO TAKE CARE OF OURSELVES

WHAT IS YOUR WHY?



#FWhatIsYourWhy

FAMILY VOICES®

## 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](https://www.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.