

6 Things to Do Regardless of Variant

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Get Vaccinated

Get vaccinated. The definition of full protection may vary as time goes on. Our 2-dose mRNA-based COVID-19 vaccines may end up being a 3-dose primary series with occasional boosters. This can hold true for all COVID-19 vaccines. There may be newer generations of vaccines that offer greater protection or variant-specific boosters. The goal is to have an army of antibodies ready to fight off the virus if exposed.

Get Tested

Get tested. Regardless of vaccination status, get tested whether you become symptomatic or routinely exposed. This ensures that you're not feeding transmission in your community or spreading the virus unknowingly. Rapid, at-home antigen tests are great surveillance system. Stay home if you're feeling sick or are positive for the virus.

Mask Up Inside

Mask up inside. Think of masking up indoors akin to a raincoat. Based on local conditions, wear a mask indoors in public spaces when community transmission rises, regardless of your vaccination status. Whether it's a little viral spread or a viral storm, best to not get wet.

Seek Well Ventilated Spaces

Seek well ventilated spaces. Be mindful of shared air. The virus that causes COVID-19 spreads best in indoor environments. To lower risk, seek well ventilated spaces or open doors and windows to bring in fresh air.

Be Mindful of the Activities You Engage in and with Who

Be mindful of the activities you engage in and with who. As community transmission levels rise, activities that occur in indoor environments with crowds are riskiest so best to limit or avoid such settings. If you or someone around you are at increased risk for severe illness, be extra cautious to protect their health.

Pick Up Call from Public Health Department

Pick up the call from contact tracers. Help our public health response by picking up the phone or responding back to any communication you receive from your local health department as they try to prevent larger outbreaks from occurring. We all play a role in preventing outbreaks from happening.

While these measures can help protect you regardless of the variant, encourage others to do the same. Bringing down community transmission is a group effort.