

# Risk Reduction for the Unvaccinated

## 1) GET VACCINATED IF ELIGIBLE

- Get the COVID-19 vaccine if eligible
- Ensure you follow vaccination schedule depending on vaccine received for full protection

## 2) WEAR A MASK

- Select a high quality mask
- Wear a mask in indoor settings when around other unvaccinated people and in crowded, outdoor settings

## 3) STAY DISTANT

- Stay at least 6 feet from unvaccinated non-household contacts but the more distance the better
- Limit duration and time spent when around unvaccinated people

## 4) AVOID 3'CS:

- Avoid crowded places, close contact settings, confined, enclosed spaces

## 5) INCREASE VENTILATION

- Increase ventilation and airflow by opening windows and doors if possible

## 6) CLEAN HANDS AND HIGH TOUCHED SURFACES

- Clean hands often especially after touching any high touch surfaces, contaminated items, after being in a public space and before touching your face
- Clean and disinfect high touch surfaces daily or more if contaminated

## 7) GET TESTED PERIODICALLY

- If you engage in activity requiring in-person contact outside your home or live or work in a congregate setting, or are in an area with substantial or high community transmission, you should get tested at least once a month regardless of exposure or symptoms

## 8) TALK TO YOUR PROVIDER ABOUT MONOCLONAL ANTIBODY TREATMENT

- If you test positive for COVID-19 and are at high risk for COVID-19 related complications, talk to your provider about getting monoclonal antibody treatment

## 9) STAY INFORMED

- Stay up-to-date on local COVID-19 news including rate of community transmission, and public health announcements
- See your local health department website among other sources

## 10) AVOID CONTACT WITH SOMEONE WHO IS SICK

- Avoid contact with people who are sick regardless of vaccination status
- Limit contact and activities with non-household, unvaccinated contacts

## 11) PRACTICE RESPIRATORY ETIQUETTE

- Always practice respiratory etiquette, cover your coughs and sneezes and wash or sanitizer your hands

## 12) PICK UP THE PHONE IF CALLED BY A CONTACT TRACER

- If you get a call from a contact tracer or public health department, pick up the phone as you may have been exposed to someone with COVID-19

## 13) MONITOR YOUR HEALTH

- Be alert for symptoms of COVID-19 or any new or concerning symptoms especially if you engage in activities or settings with other people