What's in the COVID-19 toolbox?

Fighting the COVID-19 virus is critical to **STOPPING THE SPREAD**. Now that some vaccines are becoming available, it's important to remember that it will take time for everyone in Virginia and the U.S. to get the vaccine. The habits we've been practicing these past months are still the key to **STAYING WELL**.

Tools to Protect Yourself and Others

> **WEAR A MASK** that covers your nose and mouth when you're around other people. It protects both of you.

> **STAY AT LEAST 6 FEET APART** from other people.
> - If someone doesn't live in your household, stay at least 6 feet apart.
> - Some people can have the virus and spread it to others, even if they aren't sick.

> **WASH YOUR HANDS** throughout the day.
> - Use soap and water for 20 seconds, especially when you've been outside of your home.
> - If soap and water aren't available, use hand sanitizer.
> - Avoid touching your face with unwashed hands.

> **MONITOR YOUR HEALTH** and watch for symptoms.
> - If you feel ill, make sure to stay away from others and contact a healthcare professional.

> **GET THE COVID-19 VACCINE** when it's available.

COVID-19 is a very serious illness for some people, so taking precautions to **STAY SAFE** is important.

Isn't the Vaccine Enough?

Getting the COVID-19 vaccine doesn't mean someone is automatically immune. The vaccine can take up to a couple of weeks to become effective while a person's body builds up antibodies. Even after you get the vaccine, **keep using the tools** to protect yourself and the community.

For more information about the COVID-19 vaccine, visit **vdh.virginia.gov/covid-19-vaccine** or call 877-ASK-VDH3.

VDH VIRGINIA DEPARTMENT OF HEALTH