

# Steps to Stay Healthy

Strategies to reduce the spread of COVID-19

Get vaccinated



Wear a mask



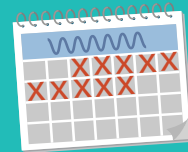
Stay home if you're sick



Get tested if exposed or have symptoms



Follow exposure and isolation guidelines



Increase fresh air



Wash your hands



Clean and disinfect



National Center on  
Health, Behavioral Health, and Safety

September 2022



This document is supported by the Administration for Children and Families (ACF) of the United States (U.S.) Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$7,582,500 with 97% funded by ACF and 3% by the Health Resources and Services Administration (HRSA) of HHS. The contents are those of the author(s) and do not necessarily represent the views of, nor an endorsement by, ACF/HHS or the U.S. Government. This resource may be duplicated for noncommercial uses without permission.