

COVID-19 Risk Reduction Strategies

Dr. Jill Sells: The National Center has been sharing a set of six risk reduction strategies since the start of the pandemic, and the seventh – vaccines – was added in March when vaccines first became available to the Head Start community.

Dr. Sean O'Leary: This is a slide we affectionately refer to as the "Swiss cheese" slide. And the point that I want to make here is something that we've learned throughout this pandemic in terms of how to stop the spread of COVID-19. There's really not one single action that is going to stop the spread of COVID-19. It's really a matter of layered protection measures.

You can see across the top – I won't go through all of these – but you can see across the top that Swiss cheese has holes in it. It can stop some things, but not all. But if you stack a bunch of Swiss cheese on top of each other, very little will get through. And that's what we see here with these little depictions of viruses. And certainly, some of these actions are more important than others, such as staying home when sick, wearing masks, vaccines, ventilation – but all of these measures, put together, are really going to help reduce the spread of COVID-19.