

Keep your community safe: wash your hands, get vaccinated and wear your mask.

Key Points

1. The COVID-19 vaccine is highly effective at preventing you from getting very sick and spreading the virus.
2. The vaccine greatly reduces the risk of getting and spreading the new variant, but it is still possible for vaccinated people to spread it. That is why it is important to wear a mask when you are indoors or in close contact.
3. Those that are vaccinated should continue to take precautions to keep yourself and others healthy.



Rural Women's
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www.rwhp.org



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David learns to take care of his health and those around him



Working in the packing house,
David finds Helena...



Wait, David -- Why are you taking off your mask?



It's so hot! And besides, I already got vaccinated.



I know. But COVID isn't going away, and there are new variants- like the new variant that are very contagious.



We have to keep wearing our masks when we are indoors.



But I thought the vaccine protected me!



It does!

The COVID-19 vaccine provides the best protection against becoming very sick, ending up in the hospital, or death - including against the new variant.



So then, why do I need to bother with a mask?



Because you can still transmit COVID-19 to others--even if you're vaccinated.

And there are a lot of people, like children, who aren't vaccinated and could get very sick.



Oh, I hadn't thought of that.



My son is only three and can't be vaccinated yet.

What else can we do to protect ourselves?

There are three additional steps...



1. Wash your hands.



2. Keep distance from others.



3. Get tested.

Thanks for your advice, Helena! I'll do anything to take care of my son.



Of course, David. By taking these steps, we can take care of each other!