**TAKING CARE OF YOURSELF**

1 **Reduce Your Risk of Getting Sick**
   - Get vaccinated against COVID-19 as soon as you can.
   - Limit interactions with others, especially in indoor spaces.
   - Wear a mask and stay at least 6 feet apart from people you don’t live with.

2 **What to Do if You Need to Leave Your Home**
   - Wear a mask.
   - Limit social and family gatherings as much as possible.
   - Avoid handshakes, kisses, and hugs.
   - Use disinfecting wipes and hand sanitizer.

3 **What to Do if You Have an Underlying Medical Condition**
   - Keep your medical check-ups. Call your health care provider if you have any health concerns.
   - Have at least a 30-day supply of prescription and nonprescription medicines.
   - If you don’t have a health care provider, then contact your nearest community health center or health department.

4 **Take Care of Yourself**
   - Stay in touch with friends and family over the phone or virtually.
   - Move around to take care of your body and to reduce stress and anxiety.
   - Stay in touch with your religious community virtually.
   - Talk to your doctor if you feel that stress and anxiety are keeping you from doing your routine activities.

For more information, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)