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Tips to Slow the Spread of COVID-19



Protect yourself

Until you're [up to date with your COVID vaccines](#), wear a well-fitting mask inside public places (even vaccinated people in [areas of substantial or high spread of COVID](#) should wear a mask inside public places to maximize protection from highly contagious variants and prevent possibly spreading COVID to others), stay at least 6 feet away from people who don't live with you, avoid crowds and poorly ventilated spaces, and wash your hands often.

People at high risk for severe COVID-19

People at [increased risk for severe COVID-19](#) include older adults, pregnant and recently pregnant people, and people with certain medical conditions. If you or anyone else in your household is at high risk, you should take [additional precautions](#).

Where to find information

Ask your employer how they plan to share information on COVID-19 and frequently check the [CDC website](#) for the latest information.

Common areas in shared housing

If you're not up to date with your COVID vaccines and you live in shared housing, stay at least 6 feet away in common areas from people who don't live with you.

Recreation areas in shared housing

Consider closing [shared recreational areas](#) or restricting their capacity until you and other people in your household are up to date with your COVID vaccines. Hang posters with clear safety measures to slow the spread of COVID-19. Wear a mask and wash your hands frequently.

What to do if someone is sick

[If you're sick](#), you, your roommates, and close contacts need to self-isolate by limiting your use of shared spaces as much as possible. Eat in your room and don't share dishes, drinking glasses, cups, or eating utensils. Everyone should wear a mask in shared spaces and clean used objects and surfaces.

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