

## From our Re-Opening Committee (September, 2022):

**Can COVID-19 be prevented?** The best way to prevent COVID-19 is to **get vaccinated**.

In addition to vaccination, there are other things you can do to help protect yourself and others. These include wearing a face mask in some situations, washing your hands often, and staying home and getting tested when you are sick. You can also make sure there is good ventilation (air flow) in your home, and in other places you visit.

**Should I still wear a mask?** In general, experts recommend continuing to take the steps above if you are in an area where the COVID-19 "community level" is high.

You should continue to wear a mask around other people if you:

- Have symptoms that could be caused by COVID-19
- Have recently tested positive for the virus
- Have recently been exposed to COVID-19

Experts also recommend wearing a mask on airplanes, trains, buses, and other forms of public transportation.

**What should I do if I have symptoms or test positive?** If you have a fever, cough, cold symptoms, or other symptoms of COVID-19, you should get tested.

If you **test positive**:

- You should "self-isolate" for at least 5 days, even if you feel well.