

# Be Red Cross Ready

Prepare so you can protect.



## Protect Yourself and Others from COVID-19

COVID-19 continues to pose a serious public health risk. Symptoms can range from mild (or no symptoms) to severe illness. Everyone is at risk of getting COVID-19. [Older adults and people of any age who have serious underlying medical conditions](#) may be at higher risk for more severe illness.

### 5 Things You Can Do to Slow the Spread

1. Get a COVID-19 vaccine.
2. Wear a mask that covers your nose and mouth and secure it under your chin.
3. Stay 6 feet apart from others who don't live with you.
4. Avoid crowds and poorly ventilated indoor spaces.
5. Wash your hands often with soap and water. Use hand sanitizer if soap and water aren't available.

For more information, see [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus). Use this tip sheet to help protect yourself, your loved ones, and your neighbors.

### 1. Get a COVID-19 vaccine as soon as you can

- Get a [COVID-19 vaccine](#) when it is available to you. COVID-19 vaccines are safe and effective.
- To find out how you can get a vaccine, visit [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines).
- People are fully vaccinated:
  - 2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, or
  - 2 weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine
  - If it has been less than 2 weeks since your shot, or if you still need to get your second dose, you are NOT fully protected. Keep taking all prevention steps until you are fully vaccinated.

If you are fully vaccinated, what has changed	If you are fully vaccinated, what has not changed
<ul style="list-style-type: none"> <li>• You can gather indoors with fully vaccinated people without wearing a mask.</li> <li>• You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks unless any of those people or anyone they live with has an increased risk for <a href="#">severe illness from COVID-19</a>.</li> <li>• If you have been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.</li> </ul>	<p>You should still take steps to <a href="#">protect yourself and others</a> in many situations, like wearing a mask, staying at least 6 feet apart from others, avoiding crowds, and poorly ventilated spaces. Take these precautions whenever you are:</p> <ul style="list-style-type: none"> <li>• In public</li> <li>• Gathering with unvaccinated people from more than one other household</li> <li>• Visiting with an unvaccinated person who is at increased risk of <a href="#">severe illness from COVID-19</a> or who lives with a person at increased risk</li> </ul>

## 2. Wear a mask that covers your nose and mouth and secure it under your chin

Wear a mask when around others, and choose one that:

- Has 2 or more layers of washable fabric
- Completely covers your mouth and nose and secures under your chin
- Fits snugly against the sides of your face and does not have gaps
- Has a nose wire to prevent air from leaking out of the top of the mask
- Does not have an exhaust valve or vent which allows particles to escape
- If using a gaiter, ensure it has at least 2 layers or can be folded to make 2 layers and that it covers the entire mouth and nose
- A face shield cannot replace the use of a face mask

## 3. Stay 6 feet apart from others who do not live with you

- When going out in public, stay at least 6 feet away from other people and wear a mask.

## 4. Avoid crowds and poorly ventilated indoor spaces

- Avoid crowded indoor spaces.
- Ensure that indoor spaces are properly ventilated by bringing in outdoor air as much as possible.
- In general, being outdoors and in spaces with good ventilation reduces the risk of exposure.

## 5. Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place or after blowing your nose, coughing, or sneezing.
- Soap and water are always preferable, but if soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

## Additional Resources

- **Center for Disease Control:** [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)
- **American Red Cross:** [redcross.org/coronavirus](https://www.redcross.org/coronavirus)
- **National [Disaster Distress Helpline](#):** Available to anyone experiencing emotional distress related to COVID-19. Call 1-800-985-5990 or text **TalkWithUs** to 66746 to speak to a caring counselor. TTY 1-800-846-8517. **Spanish Speakers.** Call 1-800-985-5990 and press "2" From the 50 States, text Hablanos to 66746. From Puerto Rico, text Hablanos to 1-787-339-2663
- **If you are feeling overwhelmed** with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).