

Covid-19 is Not Gone

Getting vaccinated is an important way to protect yourself and others from getting Covid. Because of **very high Covid-19 transmission** right now, unvaccinated people are at a **very high** risk. Vaccinated people are at lower risk. Here's how to lower your personal risk of getting sick and protect your community, based on the current local transmission rate, according to public health experts.

If you're fully vaccinated

Individuals are fully vaccinated two weeks after receiving their final vaccine dose. If you are fully vaccinated, you may choose to follow the Centers for Disease Control and Prevention's recommendations for fully vaccinated people since your risk of getting sick is lower.

If you're not fully vaccinated

Here's how you can reduce the risk of getting Covid-19 if you haven't yet completed your vaccination series.

Avoid **indoor dining, bars, gyms, movie theaters** and **nonessential shopping**, as well as **having friends over to your home**, and indoor personal care services like **haircuts** and **manicures**. Given the severity of the outbreak, spending time inside with people from other households puts you at risk for getting the coronavirus or spreading it to others.

Avoid all **nonessential travel**. If you need to take **public transit**, try to avoid rush hours and crowds so you can keep your distance from others. If you fly, choose less crowded flights or airlines that keep middle seats empty.

You should stay at least **six feet away** from people who live in other households. **Wear a mask** that covers your nose and mouth when you are outside your home and whenever you are around people who do not live with you, including any visitors to your home.

If you feel sick or have been exposed to someone with Covid, you should **stay home** and **get tested**. If someone in your household feels sick or has been diagnosed with Covid-19, everyone should wear a mask, wash their hands often and stay at least six feet apart from one another, even inside your home.

Avoid **crowds**, and limit the number of people you meet and the amount of time you spend with them. Avoid indoor spaces with poor airflow. Wash your hands often, especially after visiting a public place or blowing your nose, coughing or sneezing.

REMINDER: We need to document the individuals who are vaccinated for our records. Please fill out and return the form that Debra has been sending THIS WEEK.

OSHA SAFETY TRAINING CERTIFICATION FORM
Toolbox Topic Covered: Covid-19 is Not Gone

Print Name

Signature

Print Name	Signature

Supervisor/Foreman Signature: _____