

Centers for Disease Control's (CDC) - How to Protect Yourself & Others

Get Vaccinated

- Authorized COVID-19 vaccines can help protect you from COVID-19 and you should get a [COVID-19 vaccine as soon as you can](#).

Wear a mask

- If you not fully vaccinated, and aged 2 or older, you should wear a mask in indoor public places.
- In general, you do not need to wear a mask in outdoor settings.
 - In areas with [high numbers of COVID-19 cases](#), consider wearing a mask in crowded outdoor settings and for activities with [close contact](#) with others who are not fully vaccinated.
- People who have a condition or are taking medications that weaken their immune system may not be fully protected even if they are fully vaccinated. They should continue to take all [precautions recommended for unvaccinated people, including wearing a well-fitted mask](#), until advised otherwise by their healthcare provider.
- If you are fully vaccinated, to maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area [Stay 6 feet away from others](#)
- **Inside your home:** Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
 - Remember that some people without symptoms may be able to spread virus.
 - [Stay at least 6 feet \(about 2 arm lengths\) from other people](#).
 - **Keeping distance from others is especially important for people who are at higher risk of getting very sick.**

Avoid crowds and poorly ventilated spaces

- Being in crowds like in restaurants, bars, fitness centers, or movie theaters puts you at higher risk for COVID-19.
- Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible.
- If indoors, bring in fresh air by opening windows and doors, if possible.

Wash your hands often

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- 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.

Cover coughs and sneezes

- **If you are wearing a mask:** You can cough or sneeze into your mask. Put on a new, clean mask as soon as possible and wash your hands.
- **If you are not wearing a mask:**
 - Always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow and do not spit.
 - Throw used tissues in the trash.
 - Immediately **wash your hands** with soap and water for at least 20 seconds.

Clean and disinfect

- Clean high touch surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces.** Use a household disinfectant product from [EPA's List N: Disinfectants for Coronavirus \(COVID-19\)](#)[external icon](#) according to manufacturer's labeled directions.
 - **If surfaces are dirty, clean them** using detergent or soap and water prior to disinfection.

Monitor your health daily

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms of COVID-19](#).
- **Stay home if you're not feeling well and consider getting tested if you have symptoms consistent with COVID-19.**
- Follow [CDC guidance](#) if symptoms develop.

Contact Tracing

- If you receive a call from the Contact Tracing Collaborative (CTC) or your Local Board of Health (LBOH) please answer or return the call; they will provide instructions on Isolation and Quarantine designed to prevent disease spread. Calls from the CTC uses the prefix 833 and 857 and your phone will say the call is from "**MA COVID Team.**" Calls will be made daily from 8 a.m. to 8 p.m. Your LBOH number will start with 978 772- and they will leave a message with contact information.

ADDITIONAL RESOURCES:

If you are looking to get vaccination you can visit the Massachusetts Department of Public Health's website for a location near you: <https://vaxfinder.mass.gov/>

If you need to get a COVID-19 test you can visit the Massachusetts Department of Public Health's website for a location near you: <https://www.mass.gov/covid-19-testing>.

The DPH publishes COVID-19 data for the State and the data can be found at: <https://www.mass.gov/info-details/covid-19-response-reporting>