

# COVID-19 Is Here to Stay and Still a Serious Risk!

Here's how you and your loved ones can stay healthy.



**Wash your hands with soap and water** before eating, and after sneezing/coughing/blowing your nose, using the bathroom, going into a public place, or touching animals. **Use hand sanitizer** when soap and water are not available.



**Wear a face mask** on public transportation, in public indoor spaces with a lot of people, or when social-distancing isn't possible. Throw away your disposable mask after it is worn once or it's wet or dirty.



**Stay up-to-date on COVID and flu vaccinations.** To schedule a vaccine or for more information, call a Zufall medical location: [bit.ly/zufall-locations](https://bit.ly/zufall-locations)



**Take a COVID test if you have any symptoms** (fever or chills; cough; shortness of breath or difficulty breathing; tiredness; muscle or body aches; headache; loss of taste or smell; sore throat). Free COVID-19 self-tests are available at [COVIDtests.gov](https://COVIDtests.gov) and through your local health department.



**Eat healthy meals** with a lot of fruits and vegetables to keep your immune system strong. Limit sugary foods and drinks.



**Make time to exercise.** Exercise improves immunity and helps reduce stress that makes you more likely to get sick.



**Get enough sleep:** 12-16 hours/night for infants; 11-14 hours for ages 1-2; 10-13 hours for ages 3-5; 9-12 hours for ages 6-12; 8-10 hours for ages 13-18; and 7+ hours for adults.



**People who test positive for COVID should isolate for at least 5 days** to prevent spreading the virus. Talk to your Zufall medical provider for more information about COVID illness.