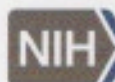


Important Information About COVID-19

The National Institute on Aging (NIA) at the National Institutes of Health designed this publication to provide scientifically accurate information that can help support healthy aging and improve the lives of older adults. Please note that public health is always our top priority, and that we recognize some of the suggestions within may not be appropriate during the COVID-19 pandemic.

Follow these guidelines to protect yourself and others during the COVID-19 pandemic:



National Institute
on Aging



Get a COVID-19 vaccine and stay up to date with a booster dose. Vaccines and boosters are safe, effective, and free. Find one at www.vaccines.gov.



Wash your hands often with soap and water or use a hand sanitizer if soap and water are not available.



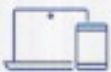
Practice physical distancing by staying at least 6 feet from other people who are not in your household and who may not be vaccinated. Avoid crowds and indoor spaces with no fresh air.



Cover your mouth and nose with a well-fitting face mask in indoor public places. Consider wearing a mask in crowded outdoor settings.



If you feel ill, protect others by staying home and getting tested as soon as possible.



Get the latest public health information on COVID-19 and ways to stay safe at www.coronavirus.gov.

Contact us:

Seniors-4-Seniors
theS4S.org
201-880-9139
S4S@cachusa.org

For more information about NIA and our consumer health resources, please visit www.nia.nih.gov or call 800-222-2225.