



# Protect Yourself against COVID-19

## Get your Bivalent Booster

Date

Location

Time

Contact

CDC recommends that all eligible people 5 years and older receive one updated (bivalent) booster.

**More information is available at**  
**[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)**

#### **ADDITIONAL COVID-19 PREVENTION TIPS:**

- Improve **VENTILATION** indoors and spend time outdoors.
- Get **TESTED** if you have COVID-19 symptoms.
- Wear a **MASK** or respirator.
- Avoid crowded areas, or keep **DISTANCE** between yourself and others.
- Stay **HOME** if you have suspected or confirmed COVID-19