



COVID-19



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS



GET A VACCINE

Things to Know about the COVID-19 Pandemic

Updated Mar. 17, 2021

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Important Ways to Slow the Spread

- Wear a [mask that covers your nose and mouth](#) to help protect yourself and others.
- [Stay 6 feet apart from others](#) who don't live with you.
- Get a [COVID-19 vaccine](#) when it is available to you.
- Avoid crowds and poorly ventilated indoor spaces.
- [Wash your hands often](#) with soap and water. Use hand sanitizer if soap and water aren't available.

If You are at Risk of Getting Very Sick

- People of any age, even healthy young adults and children, can get COVID-19.
- [People who are older](#) or have [certain underlying medical conditions](#) are at higher risk of getting very sick from COVID-19.
- [Other groups](#) may be at higher risk for getting COVID-19 or having more severe illness.



Getting a COVID-19 Vaccine

- Authorized COVID-19 vaccines can help protect you from COVID-19.
- You should get a [COVID-19 vaccine](#) when it is available to you.
- [Once you are fully vaccinated](#), you may be able to start doing some things that you had stopped doing because of the pandemic.



What to Do If You're Sick

- **Stay home** except to get medical care. If you have symptoms of COVID-19, contact your healthcare provider and **get tested**.
- **Isolate yourself** from others, including those living in your household, to prevent spread to them and the people that they may have contact with, like grandparents.
- Call 911 if you are having **emergency warning signs**, like trouble breathing, pain or pressure in chest.



How to Get a Test for Current Infection

- Visit your **state, tribal, local, [📍](#) and territorial health department's website** to look for the latest local information on testing.
- Talk to your healthcare provider about getting tested. You and your healthcare provider might consider either in-person testing, an **at-home collection kit**, or an **at-home test**.
- If you have **symptoms of COVID-19**, or if you have not been vaccinated and have been in **close contact with someone with COVID-19**, it is still important to stay home even if you are not tested.



What Symptoms to Watch For

The **most common symptoms** of COVID-19 are

- Fever
- Cough
- Headaches
- Fatigue
- Muscle or body aches
- Loss of taste or smell
- Sore throat
- Nausea
- Diarrhea



Other symptoms are **signs of serious illness**. If someone has trouble breathing, chest pain or pressure, or difficulty staying awake, get medical care immediately.

I wear a mask because...

CDC staff give their reasons for wearing a mask.



Wear a mask because...

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Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\)](#), Division of Viral Diseases