




5 Ways to Lower Your Risk of Getting COVID-19

 protect_our_province_bc

 @Protect_BC

 ProtectOurProvinceBC

01

STAY HOME

Reducing contacts is the single best thing you can do to reduce your risk of COVID-19

If you can afford it, wear a KN95 mask or better when you around other people. Make sure your mask fits tight to your face, with no gaps.

02

WEAR HIGH QUALITY MASKS

03

CLEAN & CLEAR THE AIR

Gather outdoors whenever possible. Open windows as much as possible. Consider a HEPA air cleaner for indoor air. Use a CO2 monitor to check air quality.

Get your 3rd dose as soon as you are able. Get your kids vaccinated. Encourage your friends & family to get vaccinated.

04

GET FULLY VACCINATED

05

CHOOSE WHO YOU SEE

If you choose to get together with friends, limit how many people you see, and avoid gathering with unvaccinated people