



5 WAYS TO LOWER YOUR RISK OF GETTING COVID-19

 protect_our_province_bc

 @Protect_BC

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01

LIMIT YOUR CONTACTS

Limiting your contacts by only seeing a small number of people is the single best thing you can do to reduce your risk of COVID-19

If you can afford it, wear an N95 mask or equivalent when you are around other people. Make sure your mask has a tight fit against 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, and if eligible, get your 4th dose as soon as you can. Get your kids vaccinated. Encourage your friends & family to get vaccinated.

04

KEEP VACCINES UP-TO-DATE

05

GET YOUR RAPID TESTS

In BC, all adults (18+) can pick-up a free pack of 5 rapid tests every 28 days. Tests can be picked-up from participating local pharmacies.