



# COVID-19 is Still Here! Tips on How to Stay Safe

## 1 Get the Facts:

- Vaccination is especially important if you are 65 years of age or older, are at high risk for getting very sick, or are unvaccinated for COVID-19. \*
- Vaccine protection decreases over time. It's important to stay up to date.

Everyone  
6 months and older  
should get the  
2024-2025  
COVID-19 vaccine!

## 2 Find vaccines and get vaccinated:

- Visit [nj.gov/health/vaccines/covid-19/](https://nj.gov/health/vaccines/covid-19/) or scan the QR code.
- Visit [vaccines.gov](https://vaccines.gov).



## 3 Stay home and test:

- If you have symptoms of COVID-19 (fever, cough, runny nose, etc.).
- Order your free COVID-19 tests by visiting, [COVIDTests.gov](https://COVIDTests.gov).

## 4 Ask about medicine for COVID-19:

- Talk with your health care provider if you are at risk for getting very sick from COVID-19. (e.g., those with medical conditions like asthma, diabetes, etc.).
- Don't wait! Medicine must be started within 5 to 7 days after symptoms start!

## 5 Practice good hygiene (cleanliness):

- Clean high-touch surfaces (remotes, countertops).
- Wash hands for at least 20 seconds.
- Cover coughs and sneezes.

\* The recommended vaccine, dose, and timing may differ depending on your age, previous vaccination history, and underlying medical conditions (e.g.; diabetes, overweight, high blood pressure etc.). Talk with your health care provider to see what will be best for you. For more information, visit [cdc.gov/covid/index.html](https://cdc.gov/covid/index.html).

For information about staying up to date with COVID-19 vaccines, visit  
[cdc.gov/covid/vaccines/stay-up-to-date.html](https://cdc.gov/covid/vaccines/stay-up-to-date.html).

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