



## COVID-19 SAFETY GUIDE: APRIL 2022

Pandemic Patients created this list of recommendations to help Americans avoid being exposed to the coronavirus.

*These recommendations have been generalized to suit most people's circumstances, but some recommendations may not be appropriate for everyone based on individual factors. If you have questions about whether these recommendations are appropriate for you, we recommend starting a conversation with your health care provider about how you can best avoid being exposed to the coronavirus.*

## To protect your safety, Pandemic Patients recommends the following:

### Consult with your health provider to discuss getting vaccinated as soon as possible:

- The vaccine is provided for free and can typically be obtained from your doctor or at a local pharmacy or grocery store.
- It will take several weeks for the vaccine to become fully active after you receive it.
- Do not wait for cases of COVID-19 to spike before getting vaccinated. You will be better protected if you get vaccinated in advance of the next wave of infections.
- If you have already been vaccinated, keep track of how long it has been since you completed the primary vaccination series. If it has been five or more months since you completed the primary vaccination series, consider consulting with your health care provider about getting a booster shot.
- If you are unable to get vaccinated, take every other precaution that you can.

### Sharply limit your activities to reduce your risk of being exposed to the coronavirus:

- It is better to err on the side of caution. Before leaving your home to be around other people, ask yourself if what you're planning to do is worth the risk of being exposed to the coronavirus, no matter how safe you assume the activity to be.
- Maintain a safe distance from other people. You are the greatest risk of being exposed to COVID-19 when you are breathing the same air as someone who is infected with COVID-19.
- If you are seeking routine medical care, consider using telehealth to consult with your health care provider. If you need prescriptions filled, consider using a mail-order pharmacy to have your medications shipped to your home.
- If appropriate, request permission to work remotely, if you are not already doing so.
- Try connecting with people digitally instead of in person. Consider conversations on the phone or a video call to minimize your exposure to the coronavirus.

### Continue taking preventive measures:

- Analyze your daily routine to identify areas where extra precautions can be taken. Establish a routine that is both safe and sustainable.
- Wash your hands frequently and disinfect commonly used surfaces in your home. Always wash your hands when you return home and before eating.
- Wear a face mask when you are around other people, even if you are fully vaccinated. If you spend time around other people, encourage them to wear a face mask and ensure that you are in an area with good ventilation.
- Consider having food and grocery items delivered to you instead of picking them up yourself.
- If you suspect that you have been exposed to the coronavirus, get tested immediately.
- Develop an emergency response plan that you can rely on if you or someone in your household is diagnosed with COVID-19. Consider how your COVID-19 emergency response plan can be incorporated into your other disaster preparedness plans (tornado, hurricane, flood, earthquake, etc.).
- Stay up-to-date on the latest information about the coronavirus to ensure that you can make well-informed decisions. Try to get information about the pandemic from multiple sources to ensure that the information you are relying on is not biased.
- Avoid dining inside at restaurants. Take advantage of outdoor dining areas and drive-thru options, when possible.
- If you suspect that you have been exposed to the coronavirus, get tested immediately. Continue to get tested each day until you are no longer experiencing any symptoms of COVID-19. If you are experiencing symptoms of COVID-19 and you continue to get negative test results using an at-home test, consider seeking a PCR test from your health care provider, which is more accurate.
- If you live with pets in your home, limit their exposure to other animals outside the home. Only board your animals or take them to day-care facilities when absolutely necessary.
- If you are a smoker or if you have a substance use disorder (including alcohol and opioids), you are at increased risk of severe illness from COVID-19. Consider quitting smoking and/or seeking treatment for substance use disorder as soon as possible.
- If you are overweight or if you have existing cardiovascular health issues, you are at increased risk of severe illness from COVID-19. Try to establish a safe and sustainable exercise routine to stay healthy.



Are you unsure about your eligibility for the COVID-19 vaccine, or are you unsure about when to get the vaccine or a booster shot? Consult our Vaccine Eligibility Guide for the most up-to-date information:

[pandemicpatients.org/VEG](https://pandemicpatients.org/VEG)