

# A layered approach to protect against COVID-19

Even if your vaccination is up-to-date, it's still possible to contract and spread COVID-19. That's why it's important to use multiple layers of public health measures to protect yourself against COVID-19.



Stay at home when sick



Improve indoor airflow by opening windows when possible



Consider wearing a mask as an added layer of protection, even if it's not required



Wash your hands for at least 20 seconds or use hand sanitizer often



Use caution in closed and crowded spaces



Clean frequently touched surfaces/objects



Follow travel-related measures



Like wearing layers to avoid the cold in the winter, there are many ways to protect against COVID-19.