

COVID-19: Vaccination and Protection



Vaccination is a safe and effective way to prevent serious illness and death caused by COVID-19. While it's possible to come into contact with the virus after being vaccinated, your chances of experiencing severe symptoms and hospitalization are significantly decreased.

Talk to your healthcare provider about receiving your COVID-19 vaccine today.

Protection for Everyone

Since the introduction of COVID-19 vaccines, the majority of all COVID-19 hospitalizations and deaths across the United States have been amongst those who remain unvaccinated. Protect yourself by getting the shot, and encourage your loved ones to do the same. You should also follow these simple steps:



Frequently wash your hands using soap and water for at least 20 seconds, or if you do not have access to soap and water, use a hand sanitizer with at least 60% alcohol.



Cover coughs and sneezes with a tissue or the inside of your elbow, then immediately throw away the tissue and clean your hands.



Practice social distancing by keeping at least 6 ft of distance between yourself and others, especially in public spaces.



Avoid close contact with people who are sick.



Avoid touching your eyes, nose and mouth.



Vaccinated or not, wearing a face covering over your nose and mouth protects the people around you. Their mask protects you.



Unless you're seeking medical attention, stay home when sick and encourage others to do the same.



Talk to your healthcare provider about any questions or concerns you may have. Your health matters, and speaking with a trusted source can help you feel more comfortable.

Know the Symptoms

Below are the most common symptoms that may indicate a person has COVID-19:

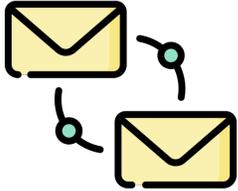
- Cough
- Shortness of breath or difficulty breathing
- Fever, chills, muscle fatigue
- Headache
- Sore throat
- New loss of taste or smell

Seek immediate medical attention if your symptoms are severe or worsening.



Stay Connected, Stay Safe

For many of us, staying connected is an important part of staying healthy. As more of us gain protection through vaccination, we can safely return to visiting with family and friends. If you are not vaccinated, or if a loved one is not vaccinated, consider skipping the gathering and connecting in these ways instead:



Reach out to a friend you haven't spoken to recently through a phone call, text message, email or a handwritten letter.

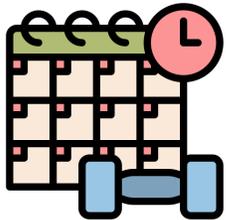


Enjoy nature by spending time in your yard or taking a walk through your neighborhood or local park.

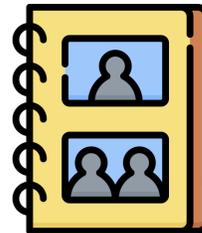
Use a video chat application or phone call to read a book to a grandchild or family friend. (Funny voices always a plus!)



If you or your neighbors are unvaccinated, interact from a safe distance – such as over a fence or from your porch.



Stay active. Look for online fitness routines on YouTube, or schedule a time to work out (in separate locations) with a buddy.



Celebrate memories while cleaning out your closet. Go through old photos and reach out to the people in the photographs to reminisce and reconnect.



If your mental health is being affected by the ongoing COVID-19 pandemic, don't be afraid to reach out and share your feelings with a trusted healthcare provider or mental health professional.

You can reach Fairfield Healthcare Professionals Psychiatry and Health Psychology at 740-689-6600.

For more information on COVID-19,
visit [FMCHEALTH.ORG](https://www.fmchealth.org)



Fairfield
Medical Center