

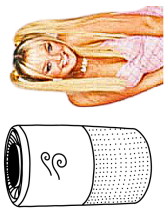
Ventilating your space and taking measures to clean the air can be really helpful in preventing the spread of COVID and other illnesses. Cracking open a window and running HEPA air purifiers are great ways to do this! You can also make your own HEPA called a Corsi-Rosenthal box with a few inexpensive supplies.

COVID is airborne and can linger in the air for hours, even outdoors or in an empty room. Avoiding crowded indoor spaces, dining indoors and people who are sick is still best practice with social distancing.

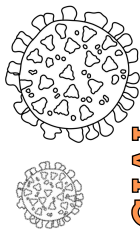
COVID tests are an important resource, but can become less accurate as new variants emerge. Test again in 48 hours for best results. If having symptoms, keep testing as newer variants are taking longer to appear on rapid tests.

Any mask is better than none, but high quality masks like KN95s and N95s are more effective. Make sure you have a good, tight seal around your face without any gaps! Wearing a mask is important even if you aren't feeling sick as the majority of COVID transmission is from people who are asymptomatic.

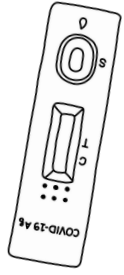
AIR QUALITY CONTROL



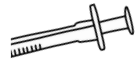
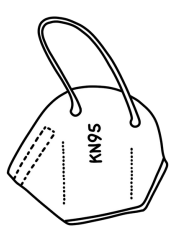
SOCIAL DISTANCING



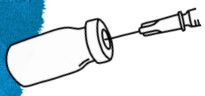
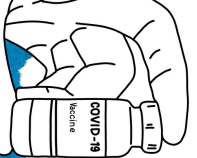
TESTING



MASKING

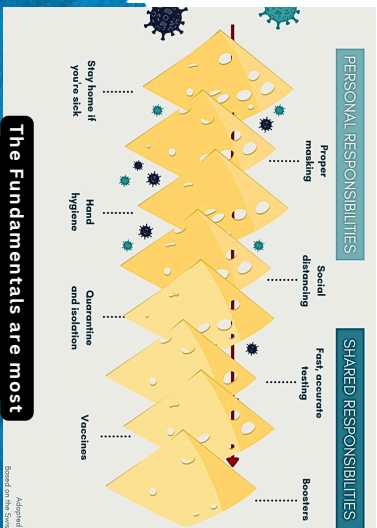


VACCINES



Staying up to date with COVID vaccines (mRNA or Novavax) can help lessen the severity of an infection even though vaccines **DO NOT** prevent transmission. Vaccines become less effective over time, so it's important to stay up to date. An updated version is available if you haven't already gotten it!

SWISS CHEESE MODEL



The Fundamentals are most effective for infection prevention when used together. The "Swiss Cheese Model" shows how this works!

SOURCES

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COVID MITIGATION FUNDAMENTALS

