As more businesses and activities begin to reopen, it’s important we continue to use all of our tools to stop the spread of COVID-19. Keep you and your loved one’s safe by using this safety checklist:

• Wear a face mask
• Stay 6 feet from others
• Avoid crowds/gathering
• Wash your hands or use hand sanitizer frequently
• Stay outdoors, if possible
• Everyone age 16+ who lives or works in Contra Costa County is now eligible.

To schedule a vaccine appointment, call (833) 829-2626 or directly schedule an appointment online at cchealth.org/coronavirus
SELF CARE

- First thing this morning, I checked in with myself before I checked in with the world
- I unplugged and created a quiet space to read/pray/meditate
- I am grateful for...
- I prepared and ate at least one healthy meal
- I took a brisk walk, practiced yoga, or danced to my favorite music
- I have spoken words of encouragement to myself and those in my circle

COVID-19 VACCINE FACTS

- Side effects are rare and usually minor
- Vaccines are provided at no-cost
- Distancing, masking, and limiting contact with people from outside the home are still critical ways to protect ourselves and the community until most people are immunized
- For credible, science-based information about the COVID-19 vaccine, visit the U.S. Centers for Disease Control & Prevention (CDC) at cdc.gov/covid19 and click on the Vaccines button