

Stay Healthy and Safe this Winter

As we see a rise in COVID-19 cases, help protect our communities and our health-care system.



Keep gatherings small and to the same people: your household and up to 10 guests or one other household. Everyone 12+ must be vaccinated.



Get everyone in your family age 5 + vaccinated, and get your booster when you're invited at a clinic or pharmacy.



Do not host or attend a gathering if you've been exposed to COVID-19 or have symptoms. Stay home and get a test if you need one.



Wash your hands often, use hand sanitizer, and sneeze or cough into your elbow.



Host your gathering outdoors. If not an option, make sure your room is spacious and well ventilated by opening windows or doors.



Minimize non-essential travel, and do not travel if you are not vaccinated.



Wear your mask in public indoor settings. Wear a mask outdoors when in a crowd. Make sure it fits snugly.



Weigh your risks and take extra precautions if you or someone close to you has a higher chance of developing severe illness.



Interior Health