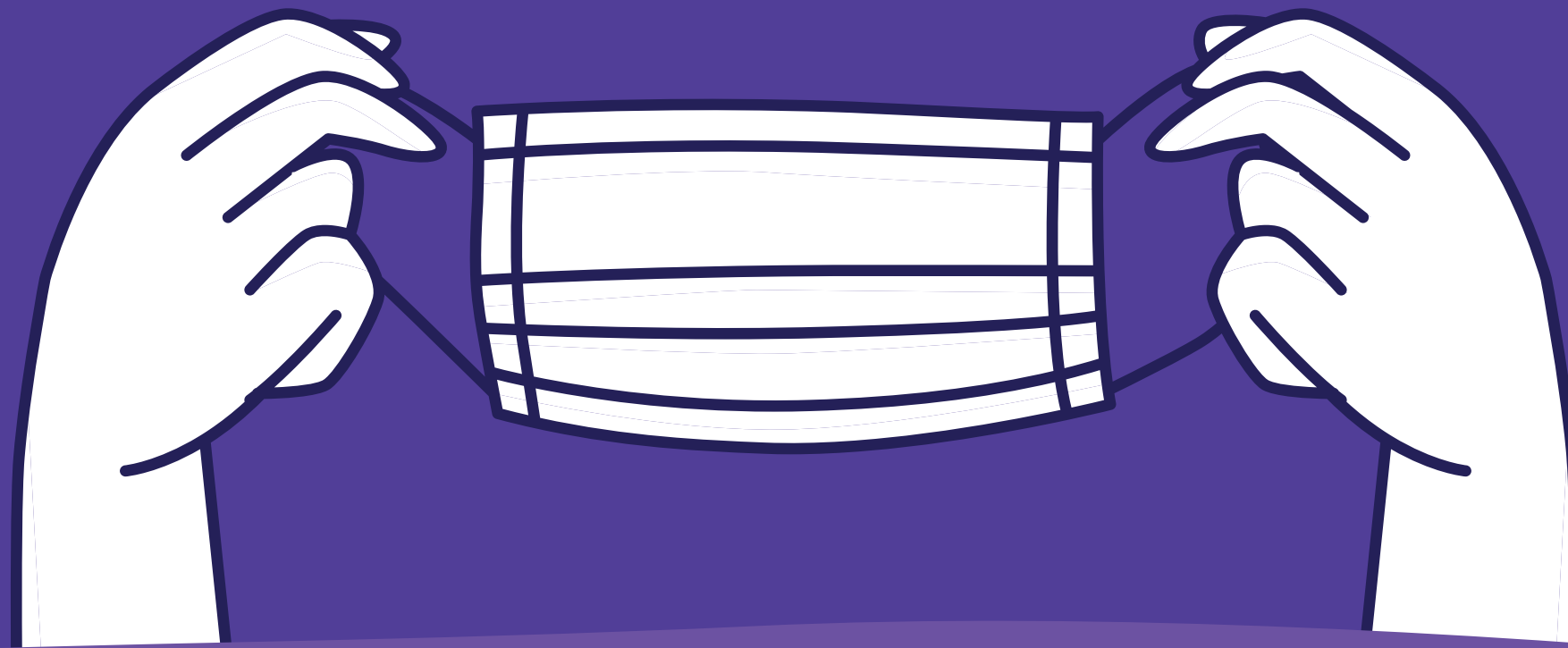


Gathering Safely During COVID-19



How can youth stay safe during COVID-19?

- Get tested when you notice any COVID-19 symptoms
- Get vaccinated & boosted, if eligible
- If not fully vaccinated:
 - wear a mask*
 - keep distanced
 - avoid large crowds and gatherings

What are some safe choices to be social?

- Hike or ski on a trail instead of exercising in a gym
- Pick up take out instead of eating in a restaurant
- Hang out with friends by a fire pit instead of playing video games inside

Is it okay to go to concerts or large sporting events?

- Small, outdoor gatherings are safer choices
- Indoor events are riskier than outdoor events
- Large, crowded events may increase your chances of being exposed to COVID-19

How can I protect high-risk family members and friends?

- Get tested when you notice any COVID-19 symptoms
- Get vaccinated & boosted, if you are eligible
- Wear a mask*
- Keep distanced
- Visit and hang out outside when possible

What type of mask* is recommended?

- A mask of the highest quality possible
- Several layers
- Snug fit against your face
- One that is comfortable for you



Vermont RAYS
Raise Awareness for Youth Services

VT RAYS



Vermont Child Health Improvement Program
UNIVERSITY OF VERMONT LARNER COLLEGE OF MEDICINE

[*Search CDC Your Guide to Masks](#)

This flyer was created in partnership with Vermont youth & physicians.

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