

Stay healthy this fall and winter! Here's how:

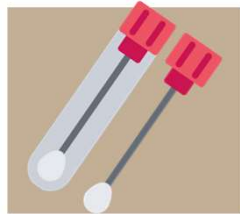


VACCINATE



Stay up-to-date on your COVID-19 and influenza vaccines.

TEST AND REPORT



If you have symptoms, get tested for respiratory illnesses.

Then, report positive results to public health.

STAY HOME



If are sick or have tested positive, stay home and away from others.

GET TREATMENT



Treatment may be an option to make your symptoms less severe and shorten the time you are sick.

Treatment needs to be started within a few days of when your symptoms begin.

CONNECT



Answer the call from SRPMIC Public Health!

You can also reach out to us to:

- *Get vaccinated*
- *Get tested*
- *Self-report positive test results*
- *Request support for isolation*



You can go back to your normal activities when, for at least 24 hours, both are true:

Your symptoms are getting better overall

AND

You have not had a fever
(and are not using fever-reducing medication)

Questions? Call SRPMIC Public Health: (480) 362-2603

