

Tips to Protect Yourself and Others From COVID-19



Patient Education

Tips to stay safe

Get your vaccine and booster shot as soon as you can.



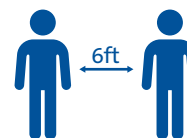
It takes your immune system about 2 weeks to build up your protection against COVID-19 after getting the vaccine.



Stay home as much as possible.



Wear a mask in indoor public places and in outdoor places if you cannot avoid crowds.



Stay at least 6 feet apart.



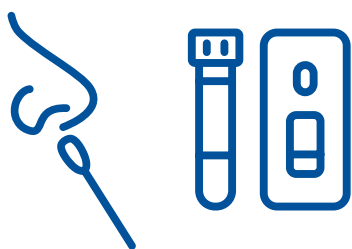
Wash your hands.

Even if you have had your vaccine, you may still get COVID. Some people do not have symptoms of COVID even though they are sick. Wearing a mask helps protect you and your loved ones.

If you have symptoms, you can schedule a COVID test through your Duke MyChart. Visit [Duke.is/rctfj](https://duke.is/rctfj).

If you have symptoms of a cold or flu such as fever, cough, runny nose, body aches, or upset stomach:

Get tested for COVID-19



Do not use public transportation, if possible.



Wear a mask if you need to be around other people.



Do not go to public areas, school, or work.

- If you have other medical conditions such as pregnancy, heart disease, chronic lung disease, diabetes, or immunosuppression, you may be at risk for getting very ill and eligible for treatment. Contact your provider for possible options.
- If you are moderately or severely immunocompromised, you should get a third vaccine AND a booster.

For more information, scan the QR codes below



[Find Vaccines](#)

Whether you have an Android or iPhone, you can use your phone's camera. Point the camera at the QR code. Your phone should focus in on the QR code after a brief moment. Once the camera recognizes the QR code, it should attempt to open the link.



[About Omicron](#)