Your personal toolkit

There are many tools that can help protect you and your family from COVID-19.

You can decide how and when to use these tools while ensuring you are supporting your overall physical and mental health.

It’s important to remember that COVID-19 is one of many things that can impact our health. The tools below can also help prevent other illnesses.

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- Your community can support each other.
- Call 8-1-1 or chat with a health care provider about your concerns.

Click on each tool above to learn more or see the next page.
Your personal toolkit

Let's unpack the tools

**COVID-19 vaccines**
Staying up-to-date with your vaccines, including booster doses, will give you the best protection against serious illness from COVID-19 and its variants.

**Masks**
Wear a mask in places where it is required, if you are sick and cannot stay away from others, and as a personal choice.

**Open spaces, good airflow**
Meet outdoors, open windows and doors to bring in fresh air and if possible, have good ventilation and air filtration systems.

**Clean hands**
Wash your hands with soap and water or use hand sanitizer often, such as before eating and after being in public spaces or handling shared objects.

**Clean surfaces**
Regularly clean things that are shared or touched often, like light switches, door knobs, cell phones, counters and toilets.

**Safer gatherings**
If you want to take additional measures, consider smaller groups, stay apart, wear a mask and meet outdoors if possible.

**Treatment options**
COVID-19 treatment options are available for some people who may be at higher risk of severe COVID-19. Check if you are eligible at the BC Gov website.

**At home tests**
Rapid test kits are available for free in pharmacies and testing centres to use if you have symptoms. Testing can help you access treatment quickly.

For more information on COVID-19, go to bccdc.ca