

# 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.



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

# 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.