

## TIPS TO LOWER YOUR RISK OF GETTING SICK AND SPREADING INFECTION:

- **COVID-19 comes in waves. Stay up to date on your vaccinations!** Vaccines help prevent severe illness, hospitalization, and spreading the virus to others
- **Know the symptoms** - check out our brief at [bit.ly/covid-symptoms-bwpc](https://bit.ly/covid-symptoms-bwpc)
- **Wash your hands** and sanitize shared spaces and hard surfaces often
- **Use air purifiers**, open windows, and have gatherings outdoors when possible
- **Get tested.** Reach out to our team and get connected to tests and testing centers. **Call (559) 767-1756**
- **Wear a fitted mask** - Check out our mask guide at [bit.ly/BWPCMaskGuide](https://bit.ly/BWPCMaskGuide)
- **Breastfeed safely** if you have COVID-19. Read our Breastfeeding & COVID-19. guide at [Blackwpc.org/breastfeeding-covid-19](https://Blackwpc.org/breastfeeding-covid-19)

## ISOLATION GUIDANCE

Stay home and away from others (including people you live with who are not sick) if you test positive and/or have symptoms including fever, chills, fatigue, cough, runny nose, and headache, etc.

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

- Your symptoms are getting better overall, **and**
- You have not had a fever (not using fever-reducing medication).

## VACCINATION RECOMMENDATIONS

Federal vaccination recommendations are **changing**.

In August 2025, the FDA announced that the COVID-19 vaccine label is limited to:

- individuals 65+ and
- individuals ages 6 months and 64 years old with at least one condition that puts them at high risk for severe outcomes from COVID-19.

Although federal guidelines are shifting, professional organizations like the American Academy of Pediatrics (AAP), American College of Obstetricians and Gynecologists (ACOG) and American Academy of Family Physicians (AAFP) **continue to offer recommendations based on a large and growing body of research and data** regarding the safety and benefits of COVID vaccinations.

## EVIDENCE-BASED RECOMMENDATIONS

### CHILDREN

AAP recommends all children get vaccinated.

### PREGNANT

ACOG continues to recommend individuals receive the vaccine at any point during pregnancy, when planning to become pregnant, in the postpartum period, or while lactating.

### ADULTS

AAFP still recommends that all adults 18 years and older receive a COVID-19 vaccine.

## If your or your child **do not meet** the current COVID vaccine label indications:

Talk with your provider or pediatrician and insurance about your vaccine options. Ask if they plan to follow recommendations from professional organizations like ACOG, AAP and AAFP.