

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

- **Stay up to date on your vaccinations** which helps prevent severe illness, hospitalization, and spreading the virus to others
- **Know the symptoms** - check out our brief at 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
- **Breastfeed safely** with COVID-19. Read our Breastfeeding & COVID-19. guide here: 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).

EVIDENCE-BASED COVID-19 VACCINATION RECOMMENDATIONS

BLACK Wellness & Prosperity Center **relies on peer-reviewed scientific research, clinical expertise, and public health best practices** to guide our positions. The following vaccination recommendations are informed by trusted medical organizations including, the California Department of Public Health (CDPH), American Academy of Pediatrics (AAP), American College of Obstetricians and Gynecologists (ACOG), and American Academy of Family Physicians (AAFP). These organizations continue to provide recommendations **informed by a large and growing body of research and data on the safety and benefits of COVID-19 vaccination.**

CHILDREN

- All babies 6-23 months (this age group is at high risk for severe COVID-19)
- All children 2-18 years with risk factors or were never vaccinated against COVID-19
- All who are in close contact with others with risk factors
- All children 2 through 18 years of age who are not high risk, but whose parent or guardian desires their protection from COVID-19

PREGNANT

Pregnant individuals should get vaccinated at any point during pregnancy, when planning to become pregnant, in the postpartum period, or while lactating.

ADULTS

- All adults 65 years and older
- All adults 19-64 years with risk factors
- All adults who are in close contact with others with risk factors
- All adults who choose to reduce risk of severe illness