

# Your personal toolkit

There are many tools that can help protect you and your family from COVID-19, especially if you are at higher risk of severe illness.

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.



### 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.



### Gathering options

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



### Open spaces, good airflow

If meeting indoors, open windows and doors to bring in fresh air and if possible, have good ventilation and air filtration systems.



### 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.



### 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](#).