



COVID-19

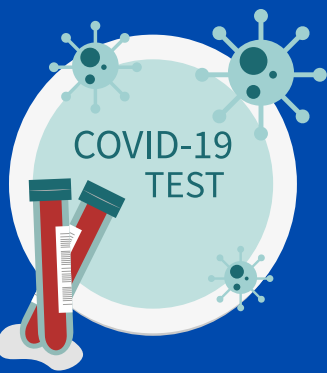


PREVENTION REMINDERS

The Bedford Health Department embraces a multifaceted approach to mitigate COVID-19 transmission, as supported by the Centers for Disease Control and Prevention and the Massachusetts Department of Public Health. Prevent the spread of COVID-19 and protect your family and friends, by continuing with the following preventative measures:



1. **Vaccination** - Receive a vaccine as soon as you are eligible



2. **Testing** - Routine surveillance testing can help identify positive cases who may not have symptoms

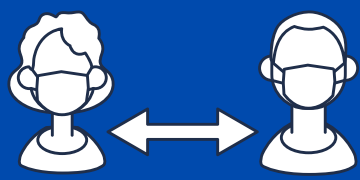
3. **Mask Use** - Use masks consistently and correctly

4. **Distance** - Maintain physical distance and gather outdoors when possible

5. **Ventilation** - Increase ventilation and air flow

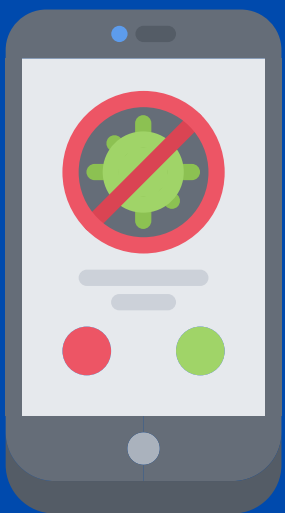
6. **Handwash** - Wash hands correctly and often, or use hand sanitizer when handwashing is not possible

7. **Stay Home** - Stay home when you are feeling ill to avoid spreading illness. Remember to get tested if you are feeling ill!



8. **Contact Tracing** - Answer the call, and remember to quarantine and isolate as instructed

9. **Clean & Disinfect**- Routinely clean and disinfect common touch surfaces



As a reminder, the Town of Bedford Indoor Mask Mandate is in effect. Face Coverings are required for all adults and children 2+, in all indoor public spaces within the Town of Bedford, except where an individual is unable due to a medical condition or disability. Daycare facilities and the Bedford Public Schools follow EEC and DESE protocols regarding masking, respectively.

