How can youth stay safe during COVID-19?
- Get vaccinated if eligible
- If not fully vaccinated:
  - wear a mask
  - keep distanced
  - avoid large crowds and gatherings

What are some safe choices to be social?
- Hike on a trail instead of exercising in a gym
- Pick up take out instead of eating in a restaurant
- Hang out with friends by a fire pit instead of playing video games inside

Is it okay to go to concerts or large sporting events?
- Small, outdoor gatherings are safer choices
- Indoor events are riskier than outdoor events
- Large, crowded events may increase your chances of being exposed to COVID-19

How can I protect high-risk family members and friends?
- Get vaccinated, if you are eligible
- Wear a mask
- Keep distanced
- Visit and hang out outside when possible

This flyer was created in partnership with Vermont youth & physicians.
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