Gathering Safely During COVID-19

How can youth stay safe during COVID-19?
• Get tested when you notice any COVID-19 symptoms
• Get vaccinated & boosted, 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 or ski 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 tested when you notice any COVID-19 symptoms
• Get vaccinated & boosted, if you are eligible
• Wear a mask*
• Keep distanced
• Visit and hang out outside when possible

What type of mask* is recommended?
• A mask of the highest quality possible
• Several layers
• Snug fit against your face
• One that is comfortable for you

*Search CDC Your Guide to Masks

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