



## HOW CAN I PREVENT COVID-19?

Get the COVID-19 vaccine

The science also tells us that the following strategies can help keep us from getting COVID-19 or giving it to others:

- **Wear a Mask** - even when vaccinated wearing a mask is important when indoors in public settings and gathering with unvaccinated people.
- **Practice Social Distancing**—even when vaccinated it is important to avoid large crowds, and keep distance in public settings especially with people who are not part of your household.
- **Wash hands** with soap and water / use hand sanitizer frequently

# TRUSTING THE SCIENCE

“ COVID-19 keeps me worried. So I pray to God with all my heart for strength. I also follow the guidelines of the local health department. ”



Latinos have the highest rate of COVID-19 cases, hospitalization and deaths in NYC. It's important to take action based on accurate information.

Source: <https://www1.nyc.gov/site/doh/covid/covid-19-data-totals.page>



## IS IT SAFE TO ATTEND CHURCH?

Yes, attending church is safe as long as your church follows state COVID-19 guidelines. In NY, indoor gatherings for religious services are allowed at a certain maximum capacity. As more people become vaccinated and fewer people get COVID-19, so will the limitation guidelines on indoor religious services.

But remember to keep practicing social distance and wear your mask.

6ft



## DOES THE VACCINE BENEFIT ME?

Rigorous studies show that the COVID-19 vaccines are effective at keeping you from getting COVID-19. Vaccines also keep you from getting seriously ill if you get COVID-19.



Learn the facts about COVID-19 vaccines at [www.poderensalud.org](http://www.poderensalud.org) or visit [www1.nyc.gov/site/doh/covid/covid-19-vaccine-facts.page](https://www1.nyc.gov/site/doh/covid/covid-19-vaccine-facts.page). To obtain your vaccine visit <https://vax4nyc.nyc.gov> or to schedule it by phone call or 877-829-4692.