Keep your coworkers safe from COVID

Get and stay up to date with your COVID vaccine

COVID vaccines work well to prevent you from getting very sick. They can also reduce your chances of spreading the virus to others. For the best protection, stay up to date with your COVID vaccine.

Stay home if you're sick

Stay home from work if:

- You're infected with COVID.
- You have any COVID symptoms.

How COVID spreads

Infected people exhale virus particles— especially when they cough, sneeze, or talk.

You're most likely to get infected if:

- You're close to an infected person and breathe the same air—particularly indoors.
- You get virus particles in your eyes, nose, or mouth.

Remember: Infected people without symptoms can spread the virus.

Find COVID vaccines near you at vaccines.gov