

# Max Your Vax!

You are best protected against **COVID-19** when you stay up to date with the recommended number of vaccine doses and boosters.



SCAN  
ME



Learn what being up to date with your COVID-19 vaccines means for you.



Check the COVID-19 Community Level for your county.

SCAN  
ME



## Take these steps based on your COVID-19 Community Level

Low	Medium	High
<ul style="list-style-type: none"> <li>• Monitor your health</li> <li>• Get tested if you have symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• If you are at high risk for severe illness talk to your healthcare provider about whether you need to wear a mask and take other precautions</li> <li>• Monitor your health</li> <li>• Get tested if you have symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• Wear a mask in public</li> <li>• Monitor your health</li> <li>• Get tested if you have symptoms</li> <li>• Additional precautions may be needed for people at high risk for severe illness</li> </ul>

You may choose to mask at any time. Masks are recommended in indoor public transportation settings and may be required in other places by local or state authorities.



For current COVID-19 information:  
<https://phc.amedd.army.mil/covid19> • <https://www.coronavirus.gov/>

The Military Health System Nurse Advice Line is available 24/7:  
Call 1-800-874-2273 option #1  
or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.



TA-702-0622

06/17/2022