

COVID-19: What You Can Do

General information from us to you about COVID-19 from reliable sources.

Please consult your private doctor for specific information about your medical condition, your risks for COVID-19, and whether or not you should receive the COVID vaccine.



Faith and Love Center Pentecostal Church

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Take these 4 steps for the most protection

- Wear masks
- Stay 6 feet apart (social distancing)
- Avoid crowds and poorly ventilated places
- Wash your hands

It's a two-way street Masks protect you & me

When we all wear masks, we take care of each other



Wear masks, avoid crowds, stay 6 feet apart, and wash your hands



Take all four steps for the most protection



Masks Protect You & Me

How to Select

When selecting a mask, there are many choices. Here are some do's and don'ts.

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps



Have a nose wire to prevent air from leaking out of the top of the mask

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators

Practice Social Distancing



Practice Social Distancing

What is social distancing?

- Social distancing, also called “physical distancing,” means keeping a safe space between yourself and other people who are not from your household.
- To practice social or physical distancing, stay at least 6 feet (about 2 arm lengths) from other people who are not from your household in both indoor and outdoor spaces.
- Social distancing should be practiced in combination with other everyday preventive actions to reduce the spread of COVID-19, including wearing, avoiding touching your face with unwashed hands, and frequently washing your hands with soap and water for at least 20 seconds.

Avoid the Three Cs

Be aware of different levels of risk in different settings.

There are certain places where COVID-19 spreads more easily:

Avoid Crowds and Poorly Ventilated Areas



Crowded places

with many people nearby



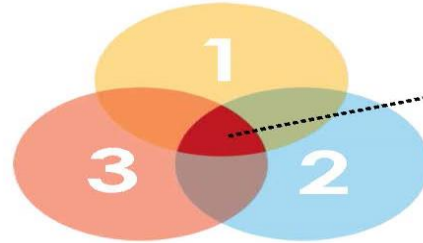
Close-contact settings

Especially where people have close-range conversations



Confined and enclosed spaces

with poor ventilation



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

If you are unwell, stay home unless to seek urgent medical care.

Wash YOUR HANDS!



Hands that look clean can still have icky germs!



WHEN TO WASH HANDS TO PREVENT COVID-19

- **After** blowing your nose, coughing, or sneezing
- **After** being in a public place
- **Before** and **after** caring for someone who is sick

Remember to wash your hands after each of these activities to stay healthy:

- **Before, during, and after** preparing food
- **Before** eating food
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** using the toilet or latrine
- **After** touching an animal, animal feed, or animal waste
- **After** touching garbage

But if soap and water are not readily available, using a hand sanitizer with at least 60% alcohol can help you avoid getting sick and spreading germs to others.



COVID-19 Vaccine

Answers to Frequently Asked Questions

Source: PA Department of Health

[Vaccine FAQs \(pa.gov\)](https://www.pa.gov/health/vaccine-faqs)

Why Should I Get A COVID-19 Vaccine?

Stopping a pandemic requires using all the tools available. Vaccines work with your immune system so your body will be ready to fight the virus if you are exposed. Other steps, like wearing masks and social distancing, help reduce your chance of being exposed to the virus or spreading it to others. Together, COVID-19 vaccination and following U.S. Centers for Disease Control and Prevention's (CDC's) recommendations to protect yourself and others will offer the best protection from COVID-19.

Source: PA Department of Health
[Vaccine FAQs \(pa.gov\)](https://www.pa.gov/government/health/vaccine-faqs)

Who will receive the vaccine first in PA?

The PA Department of Health will work to get the vaccine out to Pennsylvanians in three phases, following the CDC guidelines regarding supply, demand and risk of the vaccine.

Phase 1A:

- Healthcare personnel
- Emergency Medical Services first responders
Residents and staff of congregate care settings
- People ages 65 and older
- People aged 16-64 with high risk conditions causing increased risk for severe disease

Source: PA Department of Health
[Vaccine FAQs \(pa.gov\)](#)

Who will receive the vaccine first in PA?

Phase 1B:

- People in congregate settings not otherwise specified as long-term care facilities, and persons receiving home and community-based services
- First responders
- Correctional officers and other workers serving people in congregate care settings not included in Phase 1A
- Food and agricultural workers
- U.S. Postal Service workers
- Manufacturing workers
- Grocery store workers
- Education workers
- Clergy and other essential support for houses of worship
- Public transit workers
- Individuals caring for children or adults in early childhood and adult day programs

Source: PA Department of Health
[Vaccine FAQs \(pa.gov\)](#)

Who will receive the vaccine first in PA?

Phase 1C: Other Essential Workers

- Transportation and logistics
- Water and wastewater
- Food service
- Housing construction
- Finance, including bank tellers
- Information technology
- Communications
- Energy, including nuclear reactors
- Legal services
- Federal, state, county and local government workers, including county election workers, elected officials and members of the judiciary and their staff
- Media
- Public safety
- Public health workers

Source: PA Department of Health
[Vaccine FAQs \(pa.gov\)](https://www.health.pa.gov/Vaccine-FAQs)

Who will receive the vaccine first in PA?

Phase 2:

All individuals not previously covered who are 16 and older and do not have a contraindication to the vaccine (note that at this time, only the Pfizer-BioNTech product is approved for those age 16 and 17)

Source: PA Department of Health
[Vaccine FAQs \(pa.gov\)](https://www.pa.gov/government/department-of-health/vaccine-faqs)

What does “limited supply” mean?

- Limited supply means there is not enough vaccine for the entire population of Pennsylvania.
- Right now, there is a limited supply of the Pfizer-BioNTech COVID-19 vaccine and Moderna COVID-19 vaccine. The department will continue to provide updates on where vaccines are being distributed across the commonwealth on health.pa.gov.
- This means that not everyone will be able to be vaccinated right away. It is understandable how concerning this would be for people, especially for those who are at increased risk for serious illness from this virus and for their loved ones.

Source: PA Department of Health
[Vaccine FAQs \(pa.gov\)](https://health.pa.gov/vaccine-faqs)

Who is at increased risk of serious illness from the virus?

Older Adults

- Risk for severe illness with COVID-19 increases with age, with older adults at highest risk.
- Certain medical conditions can also increase risk for severe illness.
- People at increased risk, and those who live or visit with them, need to take precautions to protect themselves from getting COVID-19.

Source: PA Department of Health
[Vaccine FAQs \(pa.gov\)](#)

Who is at increased risk of serious illness from the virus?

Certain Medical Conditions

- [Cancer](#)
- [Chronic kidney disease](#)
- [COPD \(chronic obstructive pulmonary disease\)](#)
- [Down Syndrome](#)
- [Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies](#)
- [Immunocompromised state \(weakened immune system\) from solid organ transplant](#)
- [Obesity \(body mass index \[BMI\] of 30 kg/m² or higher but < 40 kg/m²\)](#)
- [Severe Obesity \(BMI ≥ 40 kg/m²\)](#)
- [Pregnancy](#)
- [Sickle cell disease](#)
- [Smoking](#)
- [Type 2 diabetes mellitus](#)

Source: PA Department of Health
[Vaccine FAQs \(pa.gov\)](#)

Is natural immunity from the COVID disease better than immunity from the vaccine?

- Getting COVID-19 may offer some natural protection, known as *immunity*. But experts don't know how long this protection lasts, and the risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity.
- COVID-19 vaccination will help protect you by creating an antibody response without having to experience sickness.
- Both natural immunity and immunity produced by a vaccine are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

Source: PA Department of Health
[Vaccine FAQs \(pa.gov\)](https://www.health.pa.gov/Vaccine-FAQs)

What will the vaccine mean for Pennsylvanians and how will their lives be impacted?

- The COVID-19 vaccine is another tool in our toolkit in the fight against COVID-19.
- People who are vaccinated still need to wear masks, wash hands, use hand sanitizer, social distance and avoid small and large gatherings.
- Individuals will be much more protected and can have that comfort that they will have a lesser chance to catch COVID-19 and/or a less severe case if they do get COVID-19.
- We anticipate it will take significant time to get through the vaccination phases and have community spread go down significantly. Until that time, we need everyone to continue all of the safety measures that are in effect now.

Source: PA Department of Health
[Vaccine FAQs \(pa.gov\)](#)

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