

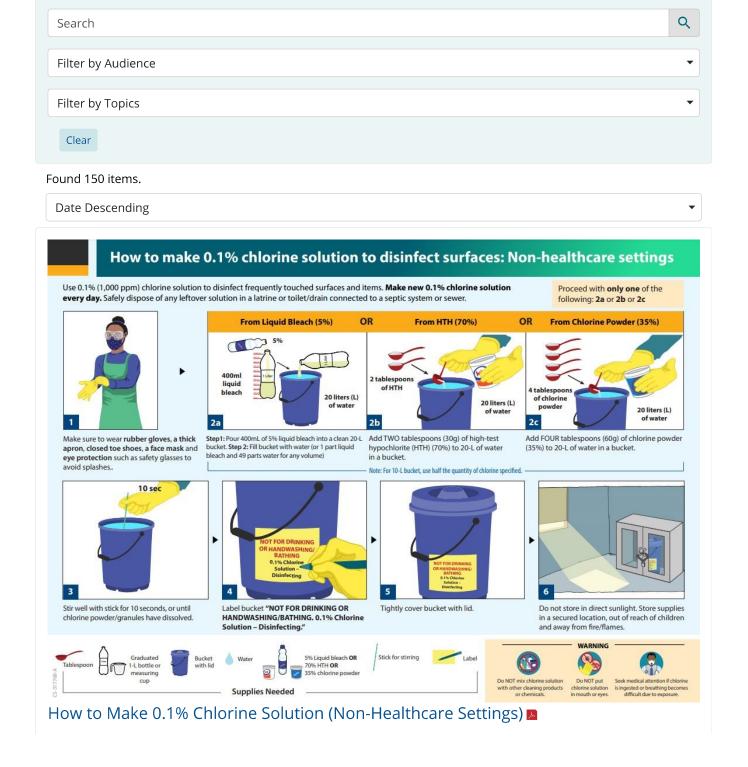


COVID-19

Print Resources

Updated February 9, 2021

The following print-only materials are developed to support COVID-19 recommendations. All materials are free for download. They may be printed on a standard office printer, or you may use a commercial printer.



How to Make 0.1% Chlorine Solution to Disinfect Surfaces in Non-Healthcare Settings

Size: 8.5"W x 11"H

Date: 2/8/21

Audience: General Public

Topics: Prevention & Infection Control, Cleaning/Disinfecting/Sanitizing



Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic.







To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so your body will be ready to fight the virtus, Ifyou are exposed (abor called immunity). Other steps, like waiting a mask that covers your note and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 vaccines are very effective at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously II even if you do get COVID-19. These vaccines cannot give you the clsease itself.



The vaccines are safe. The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 workines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe.



Different types of COVID-19 vaccines will be available. Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have thill protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.



www.cdc.gov/coronavirus/vaccines

Facts about COVID-19 Vaccines

Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic. Vaccines work with your body's natural defenses so your body will be ready to fight the virus.

Size: 8.5"H x 11"W

Alternative Languages: Arabic | Spanish | Korean | Russian | Simplified Chinese | Tagalog | Traditional Chinese | Vietnamese

Date: 2/6/21

Audience: Individuals & Consumers

Topics: Prevention & Infection Control, Vaccines



Fotonovela to promote COVID-19 vaccination

Fotonovela to promote COVID-19 vaccination

This comic-book style graphic tells the story of a daycare worker's decision to get vaccinated against COVID-19.

Size: 8.5"H x 11"W

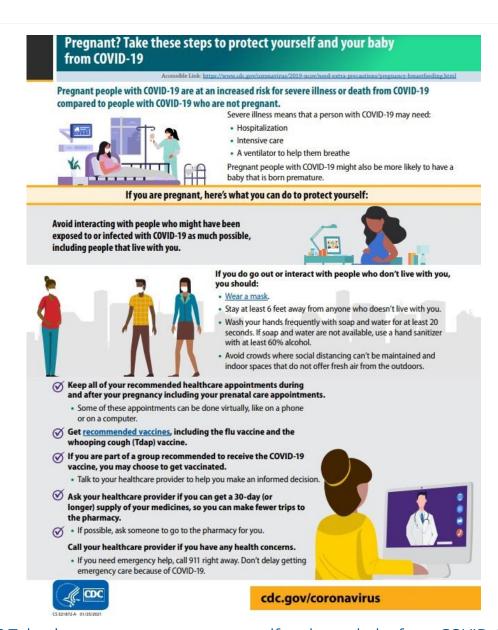
Download in: Black and White (Spanish Black and White Version)

Alternative Languages: Spanish

Date: 2/4/21

Audience: General Public, Individuals & Consumers

Topics: Prevention & Infection Control, Daycares & Preschools, Vaccines



Pregnant? Take these steps to protect yourself and your baby from COVID-19 Lorentzambeta Lorentzambeta Lorentza Loren

Pregnant? Take these steps to protect yourself and your baby from COVID-19

Size: 8.5"H x 11"W

Date: 1/27/21

Audience: General Public, Parents & Caregivers

Topics: Pregnancy & Breastfeeding

Caring for Your Baby if You Have COVID-19

Acceptable Links https://www.ole-gon/committees/2018-accepted-actes-proceedings/programs/homethoding-html

If you recently had a baby and are in isolation for COVID-19, take precautions while caring for your newborn in the hospital and at home.



If you are sharing a room with your baby in the hospital:

- Wash your hands with soap and water for at least 20 seconds before holding or caring for your baby. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- Wear a mask when within 6 feet of your baby.
 - » Do not put a face shield or mask on your baby. A face shield or mask could increase the risk of <u>sudden infant</u> <u>death syndrome (SIDS)</u> or accidental suffocation and strangulation.
- Keep your baby more than 6 feet away from you as much as possible.
- Talk to your healthcare provider about using a physical barrier while you are in the hospital, like placing your baby in an incubator.



Know when it is safe to end isolation and extra precautions

- If you had symptoms, it is safe to end your isolation after
 - > 10 days since your symptoms first appeared and
 - » 24 hours with no fever without fever-reducing medications like ibuprofen and
 - » Your other symptoms of COVID-19 are improving
- If you never had symptoms, it is safe to end your isolation 10 days after the date of your first positive COVID-19 test.
 After your isolation ends, you should still wash your hands before caring for your baby, but you don't need to take the other extra precautions.



cdc.gov/coronavirus

How to Safely Breastfeed If You Have COVID-19

How to Safely Breastfeed If You Have COVID-19

Size: 8.5"H x 11"W

Date: 1/27/21

Audience: General Public, Parents & Caregivers

Topics: Pregnancy & Breastfeeding



Keep Your Baby Healthy and Safe

Keep Your Baby Healthy and Safe

Size: 8.5"H x 11"W

Date: 1/27/21

Audience: General Public, Parents & Caregivers

Topics: Pregnancy & Breastfeeding

How to Safely Breastfeed If You Have COVID-19

We don't know for sure if mothers with COVID-19 can spread the virus to babies in breast milk, but based on what we do know, this is unlikely.



If You Have COVID-19 and Choose to Breastfeed

- · Wash your hands with soap and water for at least 20 seconds before breastfeeding.
- Wear a mask while breastfeeding AND whenever you are less than 6 feet away from your baby.
 - » Do not put a face shield or mask on your baby. A face shield or mask could increase the risk of sudden infant death syndrome (SIDS) or accidental suffocation and strangulation.



If You Have COVID-19 and Choose to Pump or Express **Breast Milk by Hand**

- Use your own breast pump (do not share a breast pump).
- Wear a mask while pumping.
- · Wash your hands with soap and water for at least 20 seconds before touching any pump or bottle parts.
- . Clean your pump after you use it, every time.
- · Try to have someone who lives with you feed the pumped breast milk to the baby. Make sure they do not have COVID-19 and are not at.
- Any caregiver living with you might have been exposed, and should wear a mask when they are within 6 feet of the baby for the entire time you are in <u>isolation</u>* for COVID-19, and during their <u>quarantine</u>**.
- Isolation refers to keeping someone who is infected with the virus away from others, even in their home.
- ** User nortic.

 **Quarantine refers to keeping someone who might have been exposed to COVID-19 away from others.



Breastfeeding if You Are Separated from Your Newborn

If you have COVID-19, you may choose to temporarily separate from your newborn to reduce the risk of spreading COVID-19 to your baby. However, you may find it hard to start or continue breastfeeding. There are steps you can take that can help build your milk supply:

- Pump or feed every 2-3 hours (at least 8-10 times in 24 hours, including at night), especially in the first few days. This signals the breasts to produce milk and prevents blocked milk ducts and breast infections.
- If you are unable to establish milk production or have to temporarily stop breastfeeding for any reason, consider getting help from a lactation support provider.



cdc.gov/coronavirus

Caring for Your Baby if You Have COVID-19

Caring for Your Baby if You Have COVID-19

Size: 8.5"H x 11"W

Date: 1/27/21

Audience: General Public, Parents & Caregivers

Topics: Pregnancy & Breastfeeding



I Got My COVID-19 Vaccine Sticker

Printable stickers for vaccine providers to share with vaccine recipient to wear once they've gotten their vaccine.

Size: 8.5"H x 11"W

- Orange stickers [1 page] (1 2/3" inch stickers, 24 per page)
- White stickers [1 page] (1 2/3" inch stickers, 24 per page)

Date: 1/26/21

Audience: Individuals & Consumers

Topics: Prevention & Infection Control, Vaccines



SleeveUp COVID-19 Vaccine Sticker

Printable stickers for vaccine providers to share with vaccine recipient to wear once they've gotten their vaccine.

Size: 8.5"H x 11"W

Date: 1/26/21

Print Resources | CDC

Audience: Individuals & Consumers

Topics: Prevention & Infection Control, Vaccines



What You Can Do If You Are At Higher Risk of Severe Illness from COVID19

People at increased risk for severe illness from COVID-19 include older adults, people who live in a nursing home or long-term care facility, and people of all ages with underlying medical conditions. Learn what you can do to protect yourself.

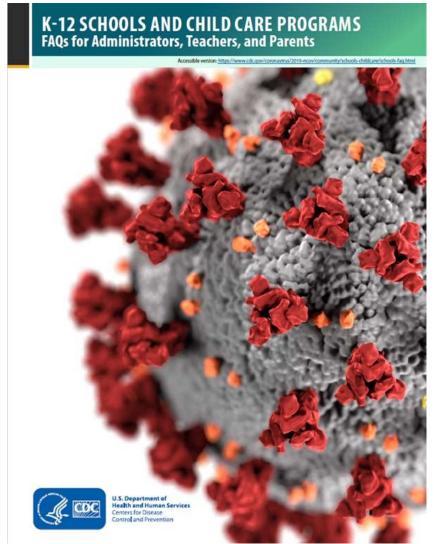
Size: 8.5"W x 11"H

Alternative Languages: Spanish

Date: 1/26/21

Audience: Individuals & Consumers

Topics: People Who Are At Higher Risk



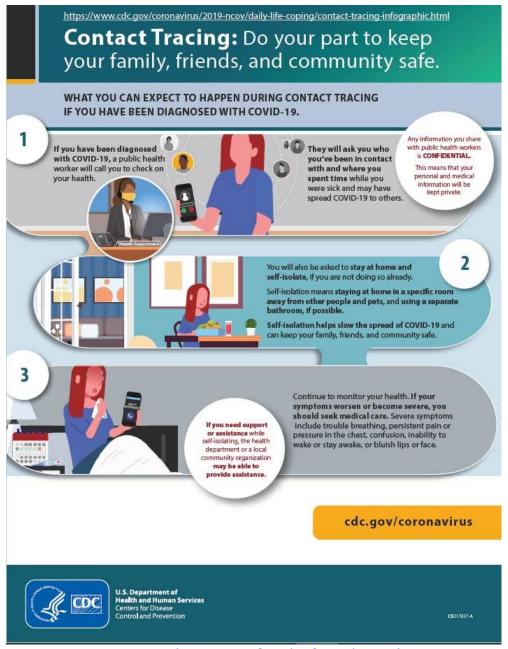
K-12 Schools and Child Care Programs FAQs for Administrators, Teachers, and Parents

State and local health officials and educational agencies may use these FAQs to support their stakeholders, as appropriate.

Date: 1/25/21

Audience: Educators & School Administrators, Parents & Caregivers

Topics: Daycares & Preschools, K-12 Schools



Contact Tracing: Do your part to keep your family, friends, and community safe.

What you can expect to happen during contact tracing if you have been diagnosed with COVID-19

Size: 8.5" H x 11" W

Languages: English | Español | Chinese | Vietnamese | Korean | Marshallese

Date: 1/21/21

Audience: General Public

Topics: Contact Tracing



cdc.gov/coronavirus

What to Expect after Getting a COVID-19 Vaccine

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection

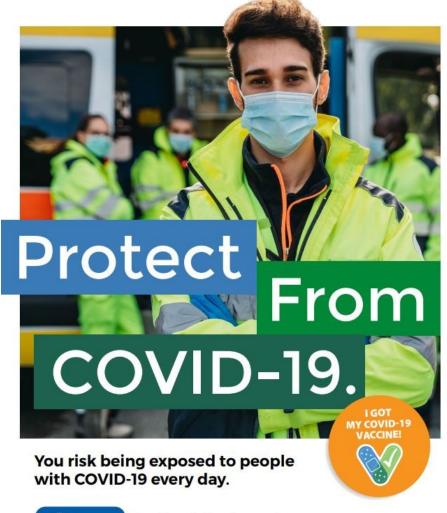
Size: 8.5"H x 11"W

Alternative Languages: Spanish

Date: 1/17/21

Audience: Individuals & Consumers

Topics: Prevention & Infection Control, Vaccines





Protect from COVID-19 (Public safety worker)

You risk being exposed to people with COVID-19 every day. Encourage essential workers to get a COVID-19 vaccine.

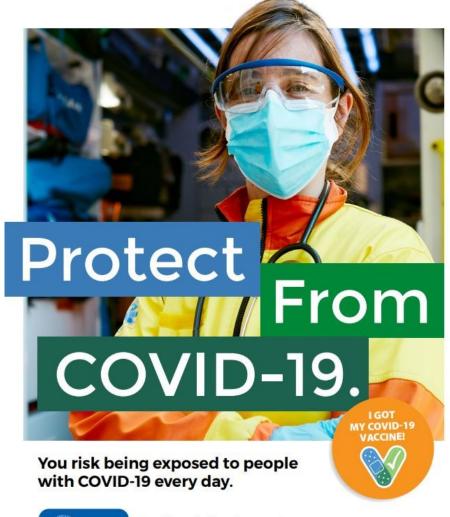
Size: 8.5"H x 11"W

Add Your Own Logo: Public safety worker poster

Date: 1/16/21

Audience: General Public, Employers, Business Owners & Community Leaders

Topics: Prevention & Infection Control, Vaccines





Protect from COVID-19 (First responder)

You risk being exposed to people with COVID-19 every day. Encourage essential workers to get a COVID-19 vaccine.

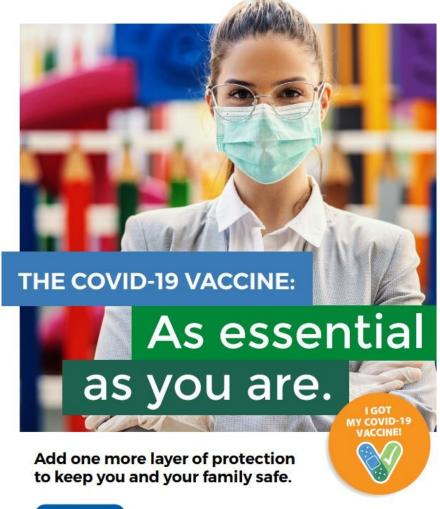
Size: 8.5"H x 11"W

Add Your Own Logo: First responder poster

Date: 1/16/21

Audience: First Responders, General Public, Employers, Business Owners & Community Leaders

Topics: Prevention & Infection Control, Vaccines





The COVID-19 Vaccine: As essential as you are (Day Care Worker)

COVID-19 vaccines add one more layer of protection to keep you and your family safe.

Size: 8.5"H x 11"W

Add Your Own Logo: Daycare worker poster

Date: 1/16/21

Audience: General Public, Educators & School Administrators, Employers, Business Owners & Community Leaders

Topics: Prevention & Infection Control, Daycares & Preschools, Vaccines





The COVID-19 Vaccine: As essential as you are (Worker in hard hat)

COVID-19 vaccines add one more layer of protection to keep you and your family safe.

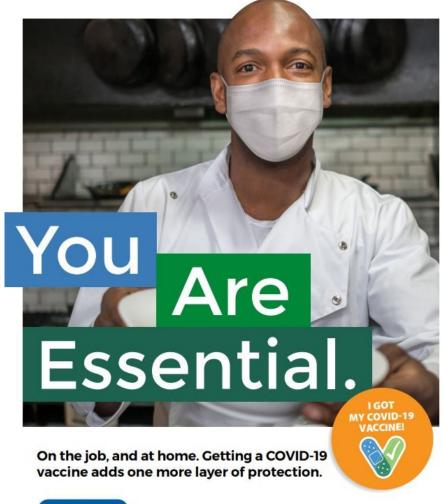
Size: 8.5"H x 11"W

Add Your Own Logo: Worker in hard hat poster

Date: 1/16/21

Audience: First Responders, General Public, Employers, Business Owners & Community Leaders

Topics: Businesses & Workplace Safety, Prevention & Infection Control, Vaccines





Learn how you can get a COVID-19 vaccine. cdc.gov/coronavirus/vaccines

You are Essential (Chef)

Encourage essential workers to get a COVID-19 vaccine. On the job, and at home. Getting a COVID-19 vaccine adds one more layer of protection.

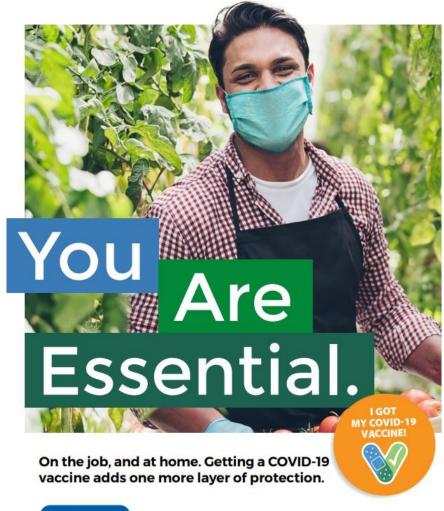
Size: 8.5"H x 11"W

Add Your Own Logo: Chef poster

Date: 1/16/21

Audience: General Public, Employers, Business Owners & Community Leaders

Topics: Restaurants & Bars, Prevention & Infection Control, Vaccines





Learn how you can get a COVID-19 vaccine. cdc.gov/coronavirus/vaccines

You are Essential (Farmer)

Encourage essential workers to get a COVID-19 vaccine. On the job, and at home. Getting a COVID-19 vaccine adds one more layer of protection.

Size: 8.5"H x 11"W

Add Your Own Logo: Farmer poster

Date: 1/16/21

Audience: General Public, Employers, Business Owners & Community Leaders

Topics: Restaurants & Bars, Prevention & Infection Control, Vaccines



A safe and effective vaccine to protect against COVID-19 is now available.

www.cdc.gov

Protect from COVID-19 (Grocery Worker)

You risk being exposed to people with COVID-19 every day. Encourage essential workers to get a COVID-19 vaccine.

Size: 8.5"H x 11"W

Add Your Own Logo: Grocery worker poster

Date: 1/15/21

Audience: General Public, Employers, Business Owners & Community Leaders

Topics: Prevention & Infection Control, Vaccines

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Last Updated February 9, 2021