Protect yourself. Protect others.
Get Vaccinated

Why should I get vaccinated against COVID-19?
• Building defenses against COVID-19 is a team effort. We all play a key part of that defense.
• Getting the COVID-19 vaccine adds one more layer of protection for you, your loved ones and your coworkers.

What can I do while I wait my turn?
• Avoid gatherings with people that live outside your home.
• Limit trips outside your home (groceries, medical appointments, work).
• Stay two metres away from people you do not live with.
• Wash your hands often with warm water and soap or an alcohol-based hand sanitizer.
• Wear a mask that covers your nose and mouth.
• Avoid indoor spaces and crowded places.
• Stay home when you are sick and isolate from others in your house.
• If you have symptoms, make an appointment to be tested.

How can I help once I get vaccinated?
• Share your story.
• Tell others why you are getting vaccinated and encourage them to do the same.
• Have conversations about COVID-19 vaccine with family, friends and coworkers.
• Continue to follow public health measures.

Join the team.
Help fight COVID-19.
Get vaccinated.

We did it!
#TeamVaccineWR

Talk to a real person 24/7 in over 200 languages: 519-575-4400
Deaf and hard of hearing (TTY): 519-575-4608
www.regionofwaterloo.ca/covid19vaccine