

Why I Take Covid Precautions:

A guide to better understanding Covid safety



What we know about Covid & Long Covid

- People have valid reasons for avoiding Covid infections.
- 75.4% of U.S. adults had at least one increased-risk condition, 40.3% had at least two, 18.5% had three or more conditions ([Ajufo et al., 2021](#)).
- CDC defines high-risk populations: “racial and ethnic minority groups,” pregnant people, infants, age 65+, developmental disabilities, mood disorders, diabetes, asthma, autoimmune diseases, & more
 - CDC says: symptoms can last weeks, months, years or be lifelong
- American Medical Association: at least 20-30% of patients will develop Long Covid
 - 200+ potential symptoms, across all organ systems
- Risk increases with each infection ([Bowe et al., 2022](#)).
- 70% of individuals with long Covid exhibited evidence of damage to at least one organ ([Li et al., 2023](#)).
- Covid is airborne, and can hang in the air for multiple hours.

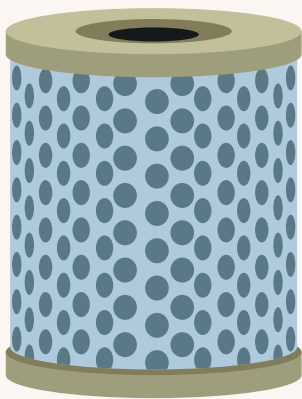


How you can contribute to Covid safety

You can show support by:

- wearing an N95 or KN95 mask, especially in public spaces like healthcare facilities, pharmacies & grocery stores
- Adding air filters to help clean the air of viruses
- Opening windows for ventilation
- Testing before meeting: take two tests at least 24 hours apart, don't forget to swab your mouth and nose!
- (Bonus: lots of these measures keep you safer too!)
- Advocating for increasing Covid safety measures in your school, workplace, or other spaces.

[Learn more](#) about Long Covid and share information with the people in your life.



Created by **Olivia Belknap, M.S.**

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