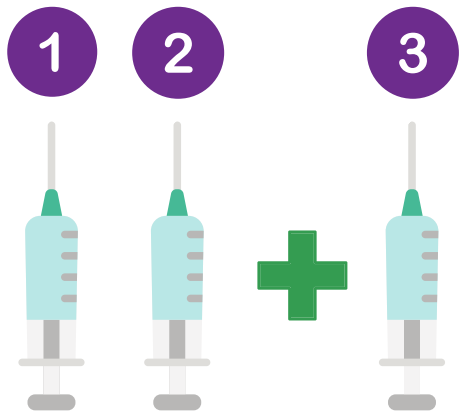
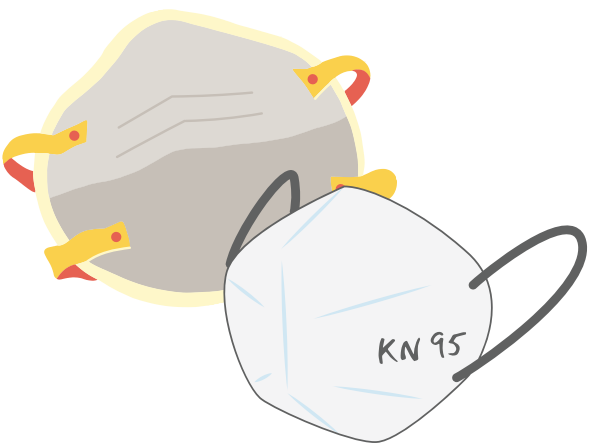


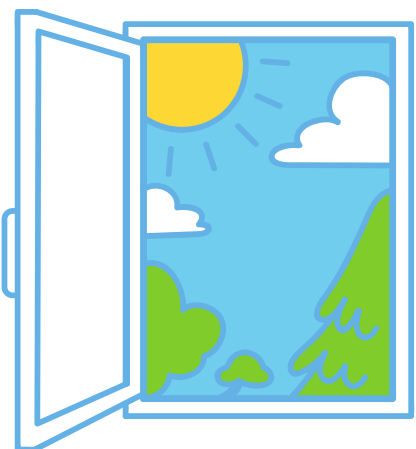
# 5 things you can do to stay safe before and after your third shot



**1. Get your vaccine – 3 shots are better than 2 shots.**



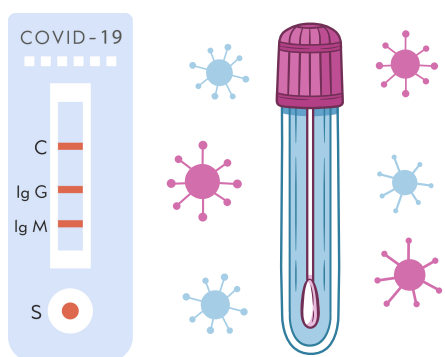
**2. Wear a good mask, one that fits your face really well, without gaps.**



**3. Keep the air fresh - meet outside, keep the windows open or use HEPA filters indoors.**



**4. Keep groups small - only meet with small groups and try not to travel.**



**5. Take a COVID rapid test (RAT) - do this right before you see other people.**

**This easy read guide was co-created by staff at the Health Care Access Research and Developmental Disabilities Program (H-CARDD) and self-advocate advisors.**

**We thank them for their input and feedback.**

For more information, email us at  
[hcardd@camh.ca](mailto:hcardd@camh.ca)

**camh** | Azrieli Adult  
Neurodevelopmental Centre



Health Care Access Research  
and Developmental Disabilities

