

indoor spaces and in crowds.
Avoid or limit time in public

Take Space

complications.

hospitalizations and some
on it alone. It decreases

Get your shot but don't rely

Get Vaccinated

where possible.

hours. Use NAAT or PCR tests
distance and retest in 48

False negatives. If using,
Rapid tests give lots of

Test Often

If You Get COVID

Isolate to prevent the
spread. Have people near you
wear masks.

See a doctor ASAP. Get
Paxlovid or similar if able.

REST. Avoid physical and
mental exertion. Use Rest &
Pace Method. During & After.
It's key to preventing
complications.

Read the Isolation Guide from
the People's CDC.

fit.
behind your head and improve
use an ear saver to pull them

using a mask with ear loops,

surgical mask is third. If

KN95 is second. Cloth mask +

N95 or elastomeric is best.

Mask Up

box. Improve air flow.

purifiers + fans. Make a CR

Open windows. Use air

Improve Your Air

Support Maskers

Make at least some of your
events mask required. Make at
least some of your events
outside.

Have online companion events
to in person events that are
higher risk.

Add air purifiers. Open
windows. Speak up for maskers
when planning events.

Check the guide to safer
events from the People's CDC.

way up and don't get counted.
strokes in months following go

people. Heart attacks +

reported especially in young

COVID deaths are under

reinfection.

diseases with each

neurological, and pulmonary

gastrointestinal, kidney,

cardiovascular,

diabetes, mental disorders,

COVID increases your risk of

go up with repeat infections.

20% of infections. The chances

Long COVID occurs with 5% to

COVID Ruins Lives

This zine does not constitute medical
advice. Talk to your doctor
+ do your own research.

Resources

peoplescdc.org

cleanaircrew.org

pmc19.com/data

maskbloc.org

covid.tips

r/Masks4All

r/ZeroCOVIDCommunity

To all the long haulers
and maskers out there:

The world needs you.

You matter.

<3

Zine by COVID Free Press

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& Distribute

Art Credit:

Cas Marotta

vaccination, distancing.
air, masking, testing,

Practice Prevention: clean

increase risks.

symptoms + still spread +

Most COVID cases have no

like smoke.

says it is airborne and moves

World Health Organization

part of your body.

effects. It impacts every

with respiratory side

COVID is a vascular disease

TL;DR of COVID

COVID



ISN'T OVER

A Pocket Guide to Protecting
Yourself + Your Community