Health & Safety Tips for Faith-Based Communities

*Help prevent the spread of COVID-19*

- **Get vaccinated and boosted!**
  Make an appointment at covid19.nj.gov/vaccine or call 1-855-568-0545.

- **Maintain physical distancing** whenever possible, especially when services are indoors.

- **Recommend masking** in public indoor settings.

- **Limit physical contact** by bumping elbows instead of shaking hands.

- **Take part in a virtual session** if sick or cannot attend in-person.

- **Stay home** if sick or a close contact for COVID-19.

- **Wash hands** with soap and water and use hand sanitizer with at least 60% alcohol.

- **Clean and disinfect** frequently touched surfaces at least daily.

- **Avoid touching** eyes, nose and mouth with unwashed hands.

*These tips are recommendations—not official guidelines or rules.*

For more information, visit https://covid19.nj.gov.

Masks should not be worn by children younger than 2 years, anyone who has trouble breathing and anyone who is unable to remove the mask without assistance.