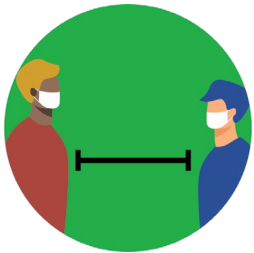# What precautions should I continue to take at work after getting my COVID-19 shots?
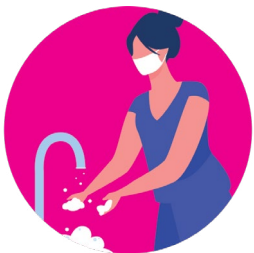
1. Keep wearing your mask to help reduce exposure to the virus and prevent spreading it if you are infected. This is especially important when you are unable to physically distance.

2. Continue to practice physical distancing to help protect yourself and others who may not be vaccinated, like young children.

3. If you feel sick, stay home.

4. Wash your hands. It helps prevent diseases including COVID-19.

5. Take your breaks outdoors and work outside if you can.

Being vaccinated doesn't eliminate the need to follow other prevention measures.

Ontario