



## DAILY ROUTINE TRACKER | COVID PREVENTION HABITS

Take time each day to track your progress - are you continuing to practice these prevention habits as part of your daily routine?

HABITS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Wore a mask at all times outside of my home if not vaccinated. If vaccinated wore in higher-risk situations and when required.							
Carried hand sanitizer with me at all times in my purse or pocket.							
Washed my hands as soon as I returned home.							
Stayed 6 feet away from others if not vaccinated. If vaccinated did so in higher-risk situations and when required.							
Avoided poorly ventilated indoor areas if not vaccinated. If vaccinated was cautious when doing so - wore a mask and didn't stay long.							
Cleaned frequently touched surfaces, like doorknobs and stair railings.							
Avoided touching my eyes, nose and mouth.							
Avoided large gatherings or crowds if not vaccinated. If vaccinated, was cautious - wore a mask and stayed 6 feet away from others.							

**TIP:** In addition to practicing daily habits, did you know getting vaccinated is the strongest layer of protection against COVID-19? If you haven't already been, visit [vaccines.gov](https://www.vaccines.gov) to find a vaccination site near you.