

If the pandemic is over, why are we still talking about COVID-19?

The COVID-19 pandemic has left a lasting impact on our lives. The public health emergency is over, but it's still important to know what's happening with COVID-19 and why we still need to protect ourselves.



→ Why did we need a COVID-19 public health emergency?

When the pandemic was at its worst, COVID-19 killed more than 4,000 people a day in the United States. It also overwhelmed healthcare systems around the world.

→ Why is the public health emergency over now?



Now, about 150 people die of COVID-19 per day in the United States. This is about the same number of deaths per day during a bad flu season.

In fact, the way we deal with COVID-19 has become like the way we deal with the flu: with precautions to protect ourselves and others.

→ So, how should I protect myself and my loved ones from COVID-19 now?



Protect people who are at risk of severe illness from COVID-19

Some people have a higher chance of severe illness from COVID-19.

Severe illness means getting so sick you have to go to the hospital. These people include:

- People age 65 and up (3 out of 4 COVID-19 deaths are in people in this age group)



- People with certain health conditions, such as:
 - Diabetes
 - High blood pressure
 - Heart disease
 - A compromised immune system
- Pregnant people



If you're sick, stay home

If you have symptoms such as a cough, fever, or fatigue (feeling weak and tired), stay home from work or school.



By staying home when you feel sick, you can prevent the spread of COVID-19 to others. This helps keep everyone safer.




Stay up-to-date on vaccines

The COVID-19 vaccines are safe and work well. They can prevent severe illness, hospital stays, and death.

By getting vaccinated, you not only protect yourself but others in the community too.



Visit our website to find out if you can get a COVID-19 vaccine at no cost through CDC's Bridge Access Program.

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Even though the public health emergency is over, COVID-19 is here to stay. Learn more and stay up to date on COVID-19 at the CDC website: cdc.gov/coronavirus/2019-ncov/index.html



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