

COVID-19 FAQs FOR TEENS AND YOUNG ADULTS

CAN YOUNG PEOPLE GET COVID-19?

Yes, COVID-19 can infect anyone. Whether you're young or old, always follow CDC guidelines to protect yourself and others.

WHEN SHOULD I WEAR A MASK?

When in doubt, wear a mask! Outside of your home, always wear a mask when around others. If someone has been exposed to COVID-19 or has tested positive in your household, wear a mask in shared spaces while they self-isolate.

WHAT KIND OF MASK SHOULD I WEAR?

Any mask is better than no mask at all! Masks made of at least two layers of tightly-woven fabric like cotton that fit snugly on the face or single-use surgical masks are encouraged.

WHERE IS IT SAFE TO GO?

Staying home is the best way to stay safe and help others stay safe. Other low-risk activities include grocery shopping, driving with the people in your home without stopping anywhere, and using drive-through, curbside pickup, and to-go options while wearing a mask.

CAN I STILL SOCIALIZE WITH FRIENDS?

Socializing is one important part of a healthy, balanced day. However, it is important to limit in-person social interactions to avoid transmitting the virus. Modify social interactions by meeting outside, staying at least six feet apart, and/or meeting virtually instead.

WHERE CAN I FIND MORE INFORMATION ABOUT COVID-19 WHERE I LIVE?

Consult your local county or state health department by utilizing the directory at www.naccho.org/membership/lhd-directory.