

CDC COVID 19Tracker

Berkshire County 1.20.2023

➤ Low

- ▶ Stay up to date with COVID-19 vaccines, including recommended booster doses.
 - ▶ Maintain ventilation improvements.
 - ▶ Avoid contact with people who have suspected or confirmed COVID-19.
 - ▶ Follow recommendations for isolation if you have suspected or confirmed COVID-19.
 - ▶ Follow the recommendations for what to do if you are exposed to someone with COVID-19
- ▶ If you are at high risk of getting very sick, talk with a healthcare provider about additional prevention actions.
 - ▶ People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a high-quality mask or respirator when indoors in public.

If you are immunocompromised, learn more about how to protect yourself.

The CDC recommends the CDC COVID Data Tracker as a tool to guide you to assess the community and personal risk. We are sharing this information for educational purposes. Please determine your own risk and make decisions for yourself, and family. Thank you, Dalton Board of Health
<https://covid.cdc.gov/covid-data-tracker/#datatracker-home>.