



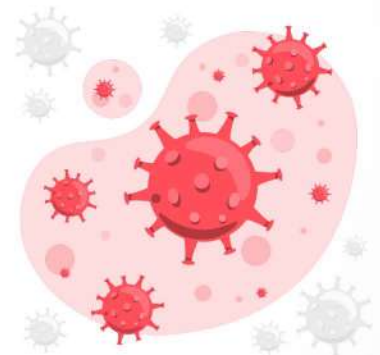
COVID 19 AND ALERT LEVEL 1



The Inter-Agency Task Force for the Management of Emerging Infectious Diseases (IATF-EID) has approved on Sunday, February 27 to place the National Capital Region and 38 other areas under Alert Level 1 from March 1 to 15.

Should we be concerned about variants in Alert Level 1?

- Yes. New variants are always a possibility. The DOH will continue surveillance of emerging variants and undertake necessary actions if warranted (e.g. if vaccines do not protect against new variants).
- However, we can minimize the emergence of new variants when we comply with the minimum public health standards.



How can I keep myself safe and protected as the restrictions are lifted under Alert Level 1?

- You can continue to keep your risk of getting severe COVID-19 low by
 - Wearing well-fitted mask all the time
 - **Getting boosted before immunity declines**
 - Staying in areas where ventilation is fine
- If you feel sick, make sure to stay home.

Since majority are already vaccinated in areas under Alert Level 1, does this mean the remaining unvaccinated are already safe?

No. While hanging out with vaccinated colleagues is safer than unvaccinated colleagues, **completing the primary series and boosters** is most impactful in terms of drastically reducing our individual chance of contracting severe COVID-19 diseases.

