

Even if you're vaxxed, "young and healthy" each infection is a Russian roulette with worse odds than the last one.

AKA Post-COVID conditions long-term health problems, infections lead to new, At least 1 in 10 COVID more people are together in an enclosed space. smoke, risk is higher when AIRBORNE and travels like

Because the virus is still a threat.

COVID-19 is ACT UP NY PRESENTS:

COVID-SAFER PRIDE GUIDE



Don't Despair!

You can GREATLY reduce your risk of getting COVID—and thus your risk of infecting others or getting Long COVID—with a few simple measures!

Protect your ability to party — and protest — this Pride!

Stay home if you're feeling sick or have been COVID-exposed

Rapid tests give a lot of false negatives.

Regardless of what it is, you'll recover faster and NOT PASS IT ON if you stay home.

Rest is VERY IMPORTANT if you have COVID, because exerting yourself may increase your risk of developing Long COVID.

Unfold for more resources!

Mask up!

Look for masks with N95 or better filtration. They have an electrostatic charge to capture teeny particles, unlike cloth or surgical masks. You can find N95s at hardware stores. They reduce the risk of catching COVID by 83% (per a 2022 MMWR report)

Check for air leaks Great filtration is useless if the air is going around, not through. Masks with head straps usually provide a better seal than ones with ear loops.



Take it outside

COVID is mainly transmitted by respiratory aerosols—the breath fog that you can see on a cold day.

The more airflow to disperse the virus, the better!

Transmission is still possible outdoors, especially in crowds, but it's generally much safer!



More reasons to mask:

Get an updated COVID vaccine

SARS-CoV-2 keeps mutating into new variants that evade immunity from previous infections or vaccinations.

That's why it's important to get the LATEST VAX (updated Fall 2023) which is designed to cover more recent variants!



Get an updated vax now, and your immunity will peak in a few weeks!

↑
vaccinefinder.nyc.gov

-Reduce risk of ALL types of airborne illnesses

-Resist attempts to stigmatize mask-wearing

-Visual reminder that COVID is still a problem and we deserve BETTER!

(free tests & treatment, sick pay, better ventilation standards, etc)

General COVID education



Key facts about how COVID transmits, what infection does, and reducing our risk:
johnsnowproject.org

Weekly reports on the COVID situation in the U.S.: peoplescdc.org



COVID and Long COVID-related news:
thesicktimes.org

Masks



Learn more about different types of high-quality masks and where to buy them:
reddit.com/r/Masks4All/wiki/index/

Request free, high-quality masks:
peoplesppe.org



Get vaccinated



vaccinefinder.nyc.gov you can search “accepts insurance” or “free for uninsured”

At-home COVID tests



Walgreens and CVS will order you at-home tests and bill your insurance, potentially free: walgreens.com/findcare/covid19/otc

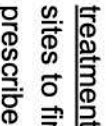
cvs.com/shop/merch/at-home-covid-tests-education



Testing sites



Find a location that does free on-site COVID tests for uninsured people:
testinglocator.cdc.gov/Search
Many of these locations also offer vaccines.



treatments.hhs.gov and filter for “Test to Treat” sites to find locations that do COVID tests and prescribe Paxlovid if you are positive.



Schedule an appointment for COVID testing at an NYC Health + Hospitals location: **1-844-NYC-4NYC**.

What to do when you have COVID

(not medical advice) Stay home and isolate from other people; wear an N95+ mask if you have to go out. Rest as much as possible; to recover quicker and reduce your risk of developing Long COVID. Most people are infectious for at least 10 days. After that, test to see if

you're negative. Detailed guide:

peoplescdc.org/2023/01/10/what-to-do-if-you-have-covid/



Paxlovid

Paxlovid is a prescription antiviral medication that helps clear COVID faster and reduces the risk of developing Long COVID. 75% of US adults have some “higher risk condition” that makes them candidates for Paxlovid. Paxlovid must be started within 5-7 days of symptoms.

New Yorkers who test positive for COVID can get a medical assessment for Paxlovid prescriptions through Virtual ExpressCare: ondemand.expresscare.video/landing or by calling **212-COVID-19**. They bill it to your insurance, and if you're uninsured or can't afford it, they connect you to a financial counselor.

Long COVID



Learn about potential Long COVID and Post-COVID conditions, how to apply for disability benefits, and political advocacy actions you can take:

pandemicpatients.org/home/covid-19-resources/

Learn about myalgic encephalomyelitis / chronic fatigue syndrome (ME/CFS), the most common and disabling Long COVID condition, affecting nearly half of long-haulers; and find patient-driven resources and advocacy: MEAction.net



How to get help for Long COVID in NYC
thecity.nyc/2023/01/10/help-resources-guide-long-covid-new-york/

Organize



Organize for free masks:
covidadvocacyny.org

Political organizing around Long COVID: longcovidjustice.org



Find mask blocs, air purifier lending libraries, and other COVID-fighting groups:
covidactionmap.org

More health zines from ACT UP NY:

actupny.com/zine

