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The New Mexico Department of Health made this toolkit to support people and communities in New Mexico. We will keep giving information on how to stay safe from COVID-19.

STAY AHEAD

We will stay ahead of the curve by monitoring for variants, communicating COVID alerts, coordinating state and local response, and conducting wastewater testing.

PROVIDE TOOLS

We now have tools to fight this pandemic, such as vaccines, masks, testing, treatment, and social distancing.

SUPPORT COMMUNITIES

We will continue to support communities hardest hit by COVID by listening to local needs, coordinating with health councils and community health workers, and supporting testing, mask, and vaccine distribution.

BE PREPARED

COVID is not going away, but we can be prepared for surges with the tools, partnerships, staffing, and supplies we have gained over the past two years.

PROTECT PEOPLE

We will continue to recognize and support those who are most disproportionately affected and vulnerable to COVID by continuing our work with an equity focus.

SAFE SCHOOLS

We will keep schools safe and open by providing information and tools, encouraging vaccination, and communicating with students, staff, and families.

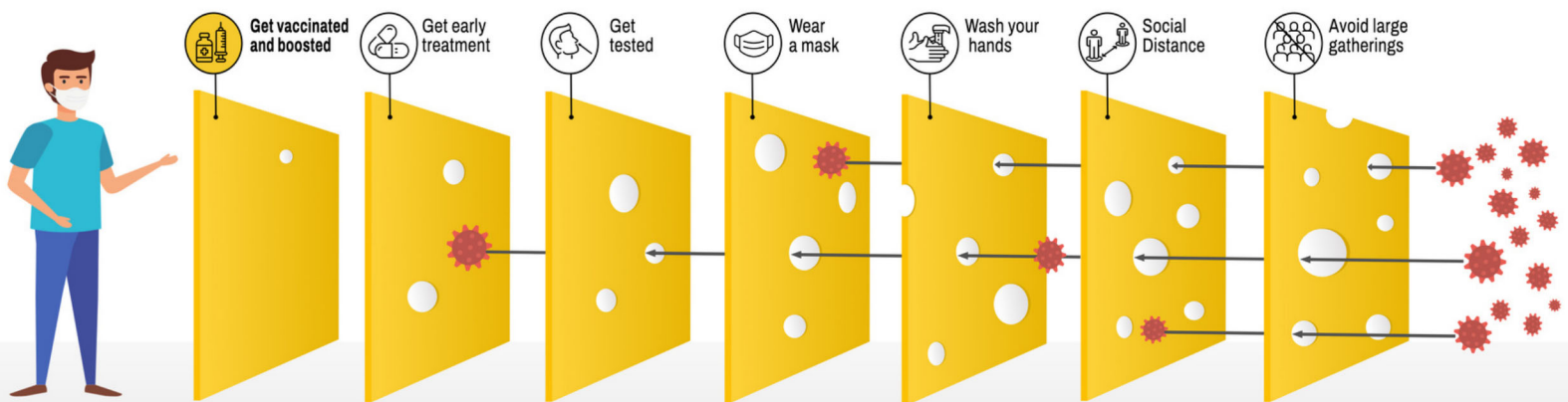
Introduction

A new phase of the COVID-19 pandemic.

We now have many tools to fight COVID: masking, vaccines, treatment, testing, and social distancing. We have reached a new place in New Mexico where we can lift nearly all public health requirements that prevented many COVID cases, hospitalizations, and deaths. It is now possible for us to manage COVID-19 in our homes and in our communities.

The more steps you take, the safer you are against COVID-19.

Let's think about ways to stay safe like slices of swiss cheese. Each of these cheese slices provides a layer of protection against COVID-19. The more safe practices you maintain, the more protection you have against being infected by COVID-19. You can decide how many layers to put between yourself and the virus.



COVID safe practices can vary over time.

This toolkit gives guidance to each person on how to make decisions about staying safe from COVID-19. Each situation will differ. Your decisions might depend on how the virus is spreading through the community. Think about it like getting on and off of a highway, where the highway is taking extra safety precautions. When community spread is medium or high, you might get on the highway and take more precautions against COVID-19. When community spread is low, you might exit the highway and take less precautions.

