

Staying Safe and Healthy

COVID Corner

with the Area Agency on Aging District 7



Improve How Your Mask Protects You

Wearing a mask that fits snugly against the sides of your face provides more protection against COVID-19. Choose a cloth mask with multiple layers of tightly woven, breathable fabric. Nose wires may also improve mask fit. You can also layer masks for added protection if you do not have a mask with multiple layers - wear one disposable mask underneath a cloth mask. The second mask should push the edges of the inner mask against your face.

Information from the Centers for Disease Control

Information about vaccine providers in our ten core counties is available at our website at www.aaa7.org or by calling 1-800-582-7277 Monday through Friday from 8:00 am until 4:30 pm. This includes Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.