

HEALTHY ACTION PLAN

Getting INFORMED to Stay Healthy



Name: _____ Date: _____

STEP 1: Mark Your Current Situation...

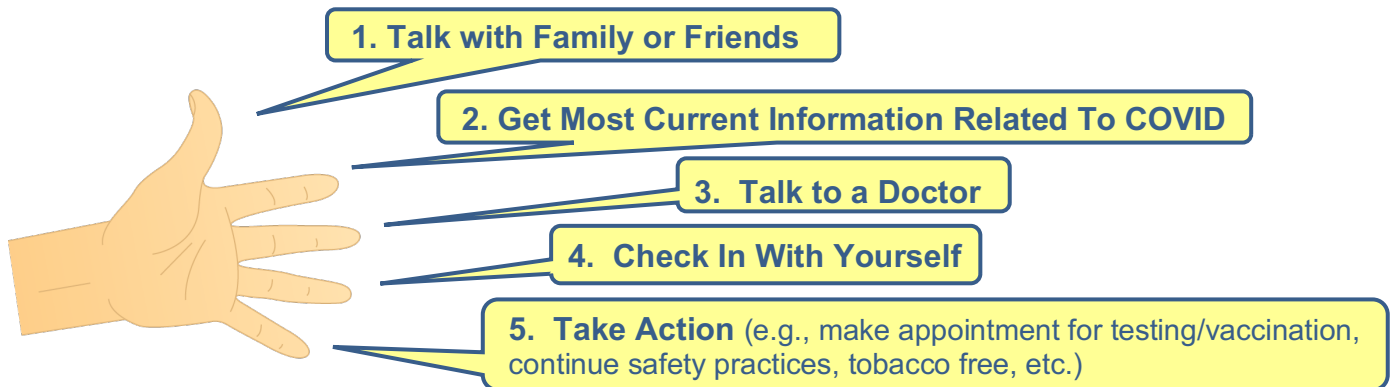
Ask: *What is my current status about protecting myself and my family from COVID-19?*

Not thinking about getting
 tested
 vaccinated

Wanting to get ...
 tested
 vaccinated

Already got...
 tested
 vaccinated

STEP 2: Pick 1 or more Action Item(s)



STEP 3: Commit To Do One or More Action Item(s)

Check one of more boxes correspond to the selected action item(s) and write below **WHAT** and **HOW** to complete the item(s).

I AM COMMITTED TO STAY HEALTHY BY TAKING THESE “HEALTHY ACTIONS” THIS COMING WEEK

- 1. Talk with family or friends**
About:
- 2. Get most current information related to COVID**
Sources:
- 3. Go talk to a doctor**
About:
- 4. Check in with yourself**
Ask these questions:
- 5. Take Action(s)**
I will: