

# HEALTHY ACTION PLAN

## Getting INFORMED to Stay Healthy



Name: \_\_\_\_\_ Date: \_\_\_\_\_

### STEP 1: Mark Your Current Situation...

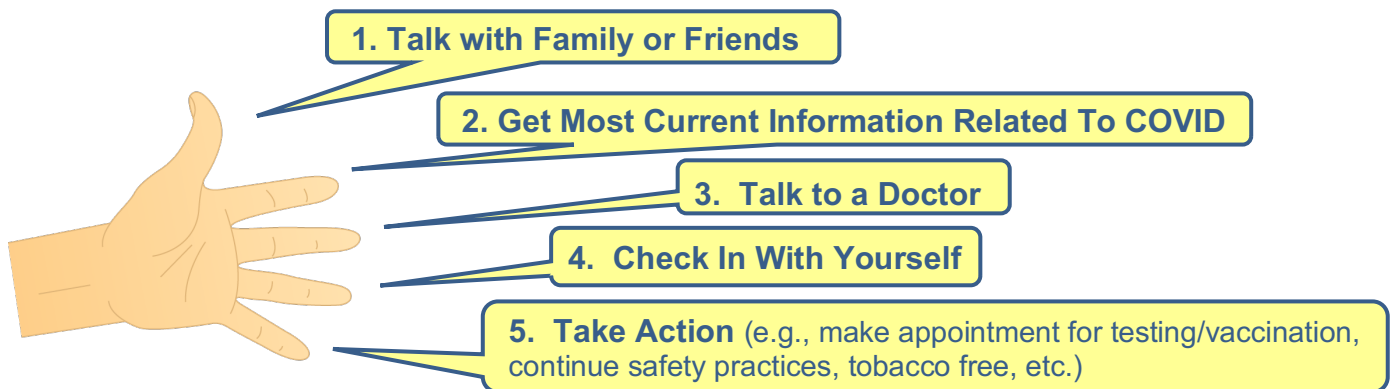
Ask: *What is my current status about protecting myself and my family from COVID-19?*

**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: \_\_\_\_\_