# Living Safely in the World With COVID-19

As more people have gotten vaccinated for COVID-19 and fewer people are getting really sick with COVID-19, what we know of as the "pandemic" has ended. However, there will still be COVID-19 and some people will continue to get sick. This means that COVID-19 will become an endemic disease. Endemic means that there is still the disease, but at a much lower rate. The flu is also an endemic disease. We know that we can live safely, even though COVID-19 is not completely gone.
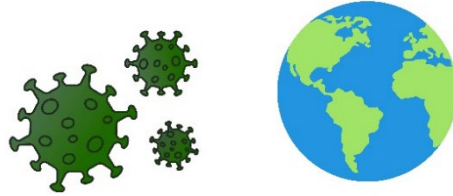
We will need to continue to get an updated vaccine shot. These shots are what help the immune system in our body to fight off the virus. Scientists develop vaccines for a variety of diseases, such as the flu, chickenpox, pneumonia, and now COVID-19.

We should continue to follow guidelines from the Centers for Disease Control and Prevention (CDC). Continue to wash your hands or use hand sanitizer regularly. Try to do activities outdoors when possible. Get tested if you think you have COVID-19. Remember, you can always wear a mask if you are at a higher risk for COVID-19, or it makes you feel safer.

It is important to know what you can do to keep yourself healthy, so you can do the things you want to do and live safely.

For more information visit: www.go.iu.edu/4pJY