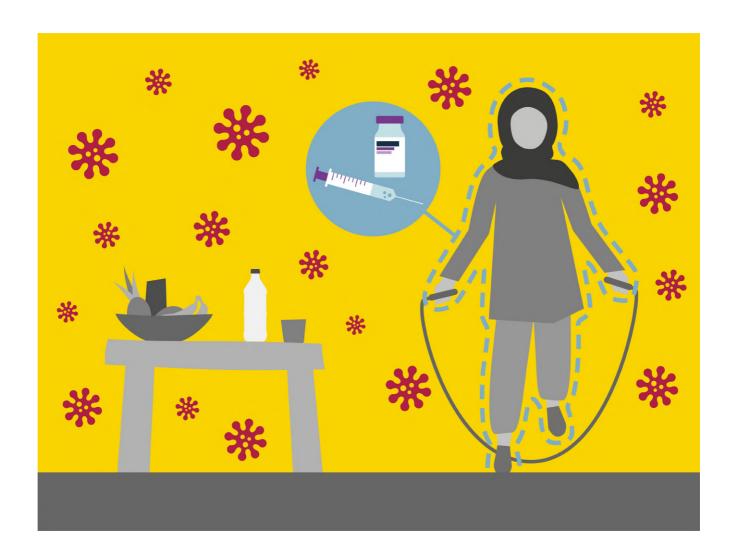# Vaccination is the best way to protect your family and community from Covid-19

Maintaining social distance, frequently washing your hands and wearing a face covering also reduce the risk of infection.

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Covid-19 vaccines significantly reduce the risk of serious illness

Healthy eating, regular exercise and plenty of sleep also help to support a strong immune system

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