



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Coronavirus Disease 2019 (COVID-19)



Tips for Voters to Reduce Spread of COVID-19

Updated Oct. 22, 2020

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There are steps you can take to help you vote and minimize your risk during the COVID-19 pandemic. The more prepared you are, the less time you may have to spend at the voting site.

When voting, you [can protect yourself and others if you:](#)

- avoid close contact: try to stay at least 6 feet apart of other people, especially those not wearing a mask
- wear a mask around others
- take care when touching surfaces and [wash your hands](#) often or, if not possible, use an alcohol-based hand sanitizer with at least 60% alcohol

More Info for Voting

[Polling
Locations
and Voters](#)



6 Steps – Before you vote




1

Check that you are [registered](#)

- This may increase your available voting options, and can also help you spend less time at your voting place

2

Check [how you can vote](#)

- Some states offer early voting and, because of the COVID-19 pandemic, some have expanded this option
- Consider early voting, if available, in case you are unable to vote on election day
- States must offer [accessible options for people with disabilities](#)  , but options may vary by state, so check ahead of time what your state's option may be
- If you live in a [long-term care facility](#)  [1.2 MB, 15 pages]  or similar place, you may be able to have supervised absentee voting

3

Check when and [where you can vote](#)

- Your place to vote may have changed from previous elections because of COVID-19
- If you are [at higher risk for getting very sick from COVID-19](#), plan to vote when it is not so busy, like mid-morning
- Check ahead for places or times you can vote
- Check ahead with your place to vote for options for people with disabilities

4

Plan how you can get to your place to vote in the safest way possible

- Try to avoid crowded ride sharing services, buses, or trains
- [Protect Yourself When Using Transportation](#)
- Some public and private transport services offer free or cheaper rides for voting
- Older people or people with disabilities may be able to get help with getting to their voting place
 - Check if in your area private carpool companies, volunteer organizations or your city public transportation offer these services
- If you drive and if you are able to check the voter line, join when the line is shorter

5

Plan for someone to take care of your loved ones

- Taking children with you to vote can increase their risk of getting COVID-19
- If you are the main caregiver at home, ask someone to watch your loved ones
- Ask this person to wear a mask if they don't live with you

6

Be prepared so you can limit the time you are in your voting place

- This will help reduce risk for COVID-19 by avoiding delays when you vote
- If you can, fill in any registration forms before going to vote
- The more prepared you are, the less time you may have to spend at the voting site
- Check to see if your state has sample ballots
- To speed up voting, you can make a list or fill in a sample ballot to take with you

6 Steps – The day you vote

The more prepared you are, the more you reduce your risk of getting and spreading COVID-19.

1

People who are sick can follow [CDC advice for when to be around others.](#)

2

Bring your own supplies

- Use this checklist to remember things to bring with you when you go to vote:
 - Necessary documentation such as your identification (check with your voting site)
 - A mask
 - An extra mask
 - Tissues
 - Hand sanitizer with at least 60% alcohol
 - Water
 - Black ink pen
 - Bring prepared items with you (e.g., registration forms, sample ballots)

3

Wear a **mask**

You should wear a mask consistently and correctly in public and around people who don't live with you.

- If you must take your mask off, use hand sanitizer before and after
- Have an extra mask in case yours gets wet or dirty

A few people **might not be able to wear a mask** because of a disability or condition.

4

Protect yourself **when using transport**

- Open windows if you can
- Wear a mask
- Avoid touching things if you can and use hand sanitizer if you do
- Stay 6 feet (about two arm lengths) apart from others if you can

5

Clean your hands often

- [Wash your hands](#) or [use a hand sanitizer](#) with at least 60% alcohol before entering and after leaving your place of voting
- [Use a hand sanitizer](#) with at least 60% alcohol before and after touching items that many others may have touched, such as door handles
- Do not wipe down voting equipment unless you are told to do so

6

Keep your distance from others

- Stay at least 6 feet (about 2 arms' lengths) from other people as much as you can
- Stay apart even if you are wearing masks

More Information

[Considerations for Election Polling Locations](#)

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Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](#)