

HOW TO STAY SAFE

We may be over COVID, but COVID is not over us.
What we can do to prevent spread and protect ourselves and others.



Get vaccinated and boosted

- Everyone ages **6 months and older** can get vaccinated
- Everyone ages **5 years and older** can get an **updated booster**, 2 months after their last dose
- Updated vaccines are now available for those ages **6 months** and older. Check with your child's doctor for more information
- **Call your doctor or visit** santacruzhealth.org/coronavirusvaccine or myturn.ca.gov to make an appointment



Test regularly

- Test if you have any COVID-19 symptoms, if you were exposed, if you go to a high-risk event, or if you travel
- Every U.S. household is eligible to order a 4th round of free at-home tests. Visit covid.gov/tests or call **1-800-232-0233** to order your tests
- Get 8 free at-home tests per month through your health insurance. Contact your health insurance for details
- For **testing locations**, visit santacruzhealth.org/testing



Avoid poorly ventilated spaces and crowds



Wear a well-fitted mask in indoor public spaces

- **N95** masks provide the best protection. Scan the QR code for information on choosing an effective mask



Get Treatment

If you get COVID-19, treatment can stop the illness from getting serious, can help you to test negative sooner, and may reduce the risk of long COVID symptoms.

If you do not have health insurance or can't reach your healthcare provider, speak to someone over phone or video call for free. **Call 833-686-5051** or make an appointment at sesamecare.com/covidca. Language support is available.