Tips for a Safe Holiday Season

Get vaccinated and boosted
- Get your flu vaccine
- Get your updated COVID-19 booster

They are the best way to reduce the chances of getting severely ill.

Make an appointment with your doctor, at your local pharmacy, or at myturn.ca.gov.

Wear a mask
Wear a mask in indoor public places to reduce the spread of germs.

An effective mask has both good fit and filtration. KF94, KN95 and N95 masks offer the best protection.

Get tested for COVID-19
- Get tested if you have COVID-19 symptoms
- Test before and after travel
- Test before and after gatherings

For testing locations, visit: santacruzhealth.org/testing

Stay home if you’re sick!
It’s crucial to stay home if you are feeling ill.

Avoid close contact with others to protect them and take the time you need to heal.

Wash your hands
Wash your hands frequently with soap and warm water for at least 20 seconds.

This is one of the easiest and most effective ways to prevent spreading germs.

Cover your cough or sneeze
Cough or sneeze into your elbow, arm, or a disposable tissue.

Don’t forget to wash or sanitize your hands and dispose of the tissue afterwards!

Contact your healthcare provider
If you have severe symptoms for any illness including significant difficulty breathing, intense chest pain, severe weakness, or an elevated temperature you should seek emergency medical care.

If you have mild to moderate symptoms for any illness you should avoid the emergency department and instead contact your healthcare provider.

If you test positive for COVID-19 and are at higher risk of severe illness, contact your doctor or go to a test-to-treat site right away to ask about treatment.

For help scheduling a COVID-19 vaccine appointment in English, Spanish, Mixteco or Triqui, call Community Action Board’s information line at (831) 440-3556.