


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

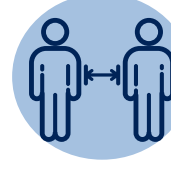

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- Children ages 6 months and older can now receive COVID-19 vaccinations.
 - Everyone ages 5+ can now get **boosted**, 5 months after their second dose.
 - **Second boosters** are available to people ages 50+ and those who are ages 12+ and immune compromised, 4 months after their first booster.
 - Call your doctor or visit myturn.ca.gov or santacruzhealth.org/coronavirusvaccine to make an appointment.

Test regularly

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- Every home in the U.S. is eligible for **3 rounds of free at-home tests**. Order yours today by visiting www.covid.gov/tests or calling **1-800-232-0233** (TTY 1-888-720-7489).
 - Check with your health insurance provider on how to access free test kits at your local pharmacies.


Avoid poorly ventilated spaces and crowds

Wear a well-fitted mask in indoor public spaces

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- N95 and KN95 provide the best protection.
 - Scan QR code for a list of pharmacies that offer free masks or call **1-800-232-0233** (TTY 1-888-720-7489).



Contact your doctor to find out about COVID-19 treatments



Certain people **at risk of serious illness** are eligible for treatment. There are preventative treatments and treatments given once someone first starts experiencing COVID-19 symptoms.

If you don't have a doctor or insurance and have COVID symptoms, you can go to a **Test to Treat** site. These sites offer free testing and treatment. Make an appointment by visiting lhi.care/covidtesting or calling **888-634-1123**.