

# Protect Yourself and Your Family from COVID-19

## Get Vaccinated & Boosted – It's Safe, Effective, and Free

[All COVID-19 vaccines currently available in California](#) are safe and effective at preventing serious illness from COVID-19. Vaccination will protect you and those you love. All Californians ages 5+ should get vaccinated. Those eligible should get boosted. To get vaccinated or boosted visit [MyTurn](#).

## Wear a Mask When Required and Recommended - and Wear a Good One

California strongly recommends that everyone, regardless of vaccination status, wear a mask in all indoor public settings (like the grocery store). And always choose a good mask. A KN95, KF94, or N95 that fits well is best, or a surgical mask with a cloth mask on top is also a good option. California also requires universal masking in some settings, such as in hospitals and shelters. Keep in mind local areas may have stricter rules than the state. Read our [full masking guidance](#).

## Stay Home and Get Tested If You're Sick

Stay home if you're feeling sick and get tested if you have COVID-19 [symptoms](#), even if you're vaccinated and boosted. Read our [testing guidance](#).

## Seek Treatment

If you test positive and have symptoms, reach out to a health care provider to learn more about [COVID-19 treatments](#) or visit a [Test to Treat location](#), where you can get tested and treatment at one location. Remember, treatments are not a substitute for the vaccine, which offers the best protection against COVID-19.

## Ventilate Indoor Spaces

Good indoor ventilation reduces COVID-19 risk. Keep windows and doors open when possible, run heating and air systems, and use portable air cleaners. Read our [ventilation fact sheet](#).

## Follow Public Health Travel Guidelines

Follow [CDC travel guidelines](#) when traveling locally, domestically and internationally. California strongly recommends masks on public transportation and indoors in U.S. transportation hubs.

## Sign Up for CA Notify

If you have a smartphone, sign up for CA Notify, California's exposure notification tool. If you've been exposed to COVID-19, you'll get an alert and additional information on testing and next steps. Sign up for [CA Notify](#).



Scan the QR code to see the interactive links on this flyer.

