

Tips for a Safe Holiday Season

This holiday season, keep yourself and family safe and help prevent severe illness and hospitalization from the flu, COVID-19, and respiratory syncytial virus (RSV)

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**.