



## COVID-19 and Vaccination

COVID-19 is a disease caused by the SARS-CoV-2 virus, and spreads when an infected person breathes out droplets that contain the virus. Getting vaccinated is important. It helps keep you from getting very sick from COVID and it helps prevent the spread of COVID-19.

**Keep up your great work at stopping the spread of COVID-19!**

### What is a COVID-19 variant?

Viruses like COVID-19 can change over time and become something called a variant. Even if you had COVID-19 before, you can still get sick again from a COVID-19 variant.

### COVID-19 Vaccines

Getting vaccinated is one of the best ways to prevent the spread of COVID-19. Pfizer, Moderna, and Johnson & Johnson vaccines are all safe and effective at preventing serious illness, having to go to the hospital, and death from COVID-19. They are also effective against many of the new variants.



### Where can I get vaccinated?

- All Californians 12 years old or older can get a free COVID-19 vaccination.
- Contact your medical provider to get one.
- You also can call **(833) 422-4255** or use [myturn.ca.gov](https://myturn.ca.gov) to sign up to get a vaccination.
- Appointments, walk-ins, and in-home options are available.

#### Remember:

- Bring identification to your appointment.
- Arrive early to give yourself enough time to fill out a few forms when you arrive.
- Expect to stay 15-30 minutes after your shot to watch for rare allergic reactions.

### What you should and must do:

- **Get Vaccinated**
- **Wear a Mask When It Is Required**
  - Everyone needs to [wear a mask](#) on public transportation, in health care settings and in some indoor spaces. 
  - If you have not gotten a vaccine yet, or need a second shot, you *must* wear a mask in all indoor public spaces, like the movie theater, stores and restaurants.
  - Even if you are vaccinated, it is still a good idea for you wear a mask in indoor public places or crowded outdoor places.
  - Follow the instructions of your county public health department: [Links to County Offices](#)
- **Continue Practicing Good Hand Washing**
- **Open Windows in Indoor Spaces**
  - Keep windows and doors open when you can. Turn on air conditioning or heating systems to move the air as much as possible.
- **If You Feel Sick, Stay Home and Get Tested for COVID-19 if You Have Symptoms**
  - You can find a testing center near you by using this website: [Finding a Testing Site](#) 
- **Sign Up for CA Notify**
  - You can sign up for CA Notify if you have a smartphone by using this website: [CA Notify](#)
  - This will send you alerts if you have been exposed to someone who has COVID-19 and information on what to do next.

