COVID-19 and Vaccination

COVID-19 case rates have increased dramatically from what they were two months ago. These new cases are mostly caused by new, highly contagious and more virulent variants of COVID-19. Getting vaccinated is important. Unvaccinated people are more likely to get infected and spread the virus.

What is a COVID-19 variant?

Viruses like COVID-19 may change over time and create a variant. A variant, such as Delta, is a change in the virus caused by genetic mutation. Recovery from COVID-19 infection usually provides immunity for several months. However, the body's immune system may not recognize a variant, so the immunity the body has for COVID-19 might not be as effective against a variant.

Download Fact Sheets on Each Vaccine in Multiple Languages

Get the Facts on Vaccines (ca.gov)

General Facts:
Which Vaccine is Right for Me Fact Sheet

Vaccine Overview:
Different COVID-19 Vaccines | CDC

Pfizer Vaccine:
Pfizer-BioNTech COVID-19 Vaccine Overview and Safety | CDC

Moderna Vaccine:
Moderna COVID-19 Vaccine Overview and Safety | CDC

Johnson & Johnson Vaccine:
Johnson & Johnson's Janssen COVID-19 Vaccine Overview and Safety | CDC

COVID-19 Vaccines

Getting vaccinated is the best way to prevent the spread of COVID-19. Research shows that COVID-19 vaccines, such as those from Pfizer, Moderna, and Johnson & Johnson, are safe and effective at preventing serious illness, hospitalization and death and are effective against many of the new variants.

Where can I get vaccinated?

All Californians who are 12 years of age or older are eligible for free COVID-19 vaccinations. To be vaccinated, contact your medical provider or call **(833) 422-4255;** or use myturn.ca.gov to sign up to get a vaccination. Appointments, walk-ins, and in-home options are available.
Remember:

- Bring any of these identification documents with you: student ID, library card, rental agreement, utility bill, a REAL ID, state driver's license or identification card, or passport.
- **You do not need a government-issued ID** to get a vaccine. Individuals are eligible to receive a vaccine regardless of their immigration status.
- Give yourself enough time to fill out a few patient forms when you arrive.
- Expect to stay 15-30 minutes after your shot in case of a rare but safely treated allergic reaction.

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Public Health Requirements and Recommendations

The California Department of Public Health (CDPH) recommends you protect yourself and your family from COVID-19 and its variants by doing the following:

- **Get Vaccinated**
  - It is safe, effective, and free!

- **Wear a Mask When Required**
  - All staff and individuals in health care settings must wear a mask.
  - Staff in health care settings, such as hospitals, ICFs, and high-risk congregate settings, must either prove they have been vaccinated or submit to COVID-19 testing at least weekly.
  - Everyone must wear a mask on public transportation.
  - If you are unvaccinated or not fully vaccinated, then you must wear a mask in all indoor public settings and should wear a mask in outdoor crowded public settings.
  - If you are vaccinated, it is still recommended by the state that you wear a mask in indoor public places or crowded outdoor places.
  - Some counties are requiring all people to wear a mask regardless of whether they are vaccinated. Follow the instructions of your county public health department: Links to County Offices

- **Continue Practicing Good Hand Washing**

- **Open Windows in Indoor Spaces**
  - Having fresh air and good air movement helps reduce the spread of COVID-19. Keep windows and doors open when possible and keep heating and air conditioning systems moving air as much as possible.

- **If You're Sick, Stay Home and Get Tested**
  - Common COVID-19 symptoms (CDC): cough, shortness of breath, difficulty breathing, fever or chills, muscle or body aches, vomiting or diarrhea, fatigue, headache, sore throat, congestion or runny nose, and new loss of taste or smell.
  - If you think you might have COVID-19, you can find a testing center here: Finding a Testing Site (arcgis.com)

- **Sign Up for CA Notify**
  - If you have a smartphone you can sign up for alerts to let you know if you have been exposed to COVID-19 through CA Notify. You will also get information on next steps.

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