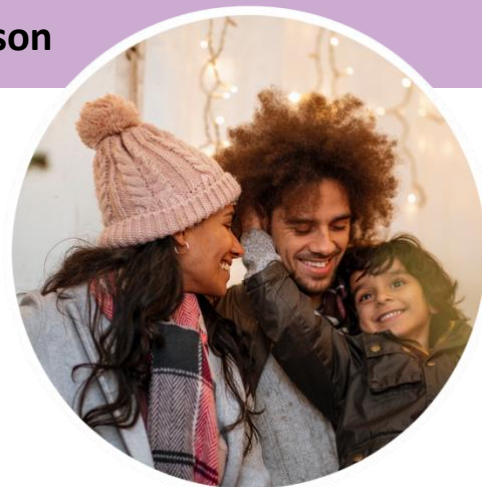


# Spread Joy, Not COVID

## Tips for Protecting Yourself and Others This Holiday Season

### Get Vaccinated, Including a Booster Shot if You're Eligible

Vaccines are the best way to end the pandemic and they prevent COVID-19 illness, hospitalization and death. They're safe, effective and free. [Learn more about COVID-19 vaccines](#) and visit [MyTurn.ca.gov](https://myturn.ca.gov) to get vaccinated.



### Stay Home if You're Sick

Anyone feeling sick, even with mild [symptoms](#) (sore throat, cough, sniffles), should stay home, isolate from others, and get tested. Download our [testing fact sheet](#) and read our [testing guidance](#).

### Get Tested Before and After Traveling or Gathering for the Holidays

**Know Before You Go.** Get tested 1-3 days before a family gathering, or prior to any travel, even if you have no symptoms. Antigen testing should be done 24 hours prior to a gathering or travel. PCR testing should be done within 72 hours – with results available prior to a gathering or travel. There are no out-of-pocket costs to get tested. Visit a [state testing site](#) or call (833) 422-4255. Learn more about [types of COVID tests](#).

**Know When You Return.** Test upon returning from the holidays. Test again 3-5 days later.

### Also Consider the Following:

- Take precautions if some in your group are unvaccinated (e.g., wear masks, socialize outdoors, keep gatherings short).
- Be sure to wear a good mask, that fits well. N95 and KN95 or surgical masks do the best job filtering out viruses and particles.
- Gather outside or increase airflow in indoor spaces. Read our [ventilation fact sheet](#).
- [Activate CA Notify](#) (California's COVID-19 exposure notification system) on your smartphone. Ask your guests to do the same.



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

