Protect Yourself and Your Family Against COVID-19

What is COVID-19 and how does it spread?
COVID-19 is caused by a coronavirus that spreads in the air, especially when an infected person speaks, sneezes or coughs indoors. COVID-19 can cause severe illness, pneumonia, and death, and we are still learning about its long-term effects.

You can protect yourself and your family by following the guidance below.

Get Vaccinated – it’s safe, effective, and free
All COVID-19 vaccines currently available in California have been shown to be safe and effective at preventing serious illness from COVID-19. Vaccination will protect you and those you love. Every Californian 16 and up is now eligible for vaccination. You will be fully protected two weeks after your second dose of the Pfizer or Moderna COVID-19 vaccine, or two weeks after a single-dose of the Johnson & Johnson COVID-19 vaccine.

Keep up with masking and physical distancing
Even if you’re fully vaccinated, wear a mask in public spaces indoors, or outdoors when you can’t maintain at least 6 feet of distance from people outside your household. If you can’t maintain distance in public, wear a mask. Choose a mask that has multiple layers of fabric or cloth and with secure ties or ear loops. Make sure your mask covers BOTH your nose and mouth.

Stay home if you’re sick
Everyone, regardless of their vaccination status, can still transmit the virus – even if they’re feeling well. Everyone should stay home if they’re feeling sick, and they should get tested for COVID-19.

Resources
Make a vaccine appointment at myturn.ca.gov or call (833) 422-4255.
Learn more about COVID-19 and find a testing location at covid19.ca.gov or cdph.ca.gov.