

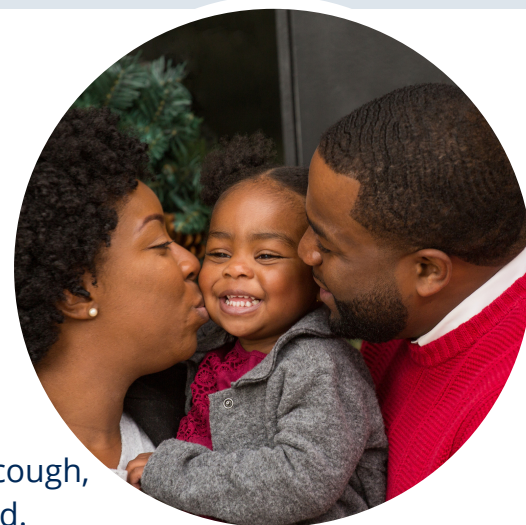
# Safer Holiday Celebrations



## Tips for Protecting Yourself and Others This Holiday Season

### Get Vaccinated, Including a Booster

Vaccines are the best way to prevent COVID-19 illness, hospitalization, and death. **Everyone 5+ is eligible for a vaccine. Everyone 16+ is eligible for a booster.** Vaccines are free and available through healthcare providers, clinics, and pharmacies. For **appointments** visit: [santacruzhealth.org/coronavirusvaccine](https://santacruzhealth.org/coronavirusvaccine), [MyTurn.ca.gov](https://MyTurn.ca.gov), or call (833) 422-4255, (831) 440-3556.



### Stay Home if Sick

Anyone feeling sick and experiencing symptoms, such as sore throat, cough, sniffles, vomiting, or diarrhea, should stay home, isolate, and get tested. If symptoms are concerning, please call your doctor. For information on **testing**, visit: [cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Updated-COVID-19-Testing-Guidance.aspx](https://cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Updated-COVID-19-Testing-Guidance.aspx).

### Get Tested Before AND After Traveling

**When:** Get tested immediately **before travel, upon return, and again 3-5 days later.**

**Where:** Visit [santacruzhealth.org/testing](https://santacruzhealth.org/testing) or call (831) 440-3556 for local testing sites.

For information on **travel advisories**, visit CDC's travel web page: [cdc.gov/coronavirus/2019-ncov/travelers/index.html](https://cdc.gov/coronavirus/2019-ncov/travelers/index.html).

### Wear a Face Mask (indoors and in crowded settings)

Be sure to wear a good mask that seals around your face. N95, KN95, or surgical masks are best.

### Handwashing

Remind children and others to wash or sanitize hands regularly with 20 seconds of rubbing, especially prior to eating, preparing, or serving food.

### Also Consider the Following:

- **Have children get tested prior to returning to school after the holidays.** For testing sites, visit: [covid19test.santacruzcoe.org](https://covid19test.santacruzcoe.org) or [santacruzhealth.org/testing](https://santacruzhealth.org/testing).
- **Gather outdoors or increase airflow indoors** (open windows and doors), and **keep gatherings small in size and duration.**
- **Be cautious around elderly, immunocompromised, and unvaccinated people.** Test before such interactions.
- **Activate CA Notify** (California's COVID-19 exposure notification system) on your smartphone.