

# Be COVID Prepared



Tips for keeping yourself and others protected this holiday season

- **Get vaccinated or if vaccinated, ensure you are [up-to-date](#).** People are best protected from COVID when they are up to date with the recommended COVID-19 vaccines, including recommended boosters.
- **Get tested before and after traveling or before family and friend gatherings.** If your COVID test comes back negative, current [CDC](#) guidance recommends retesting 48 – 72 hours later. Certain COVID tests are designed for serial testing. Please refer to the [FDA](#) for a list of COVID tests with serial testing.
- **Make sure you have the medical and health supplies you'll need if someone in your home is ill.** Consider rapid at-home COVID-19 antigen tests, a pulse oximeter, a thermometer, well-fitted face masks (N95 or KN95, if possible), over-the-counter medicines for fever and pain, as well as anything else you need to get by for at least one week at home. As a reminder, there are various resources to obtain free tests including insurance, Medicare, and Medi-Cal recipients.
- **Know your [local COVID numbers](#) and recommended steps to protect yourself.** Refer to [COVID.gov](#) for an easy one-stop resource for the latest information on COVID-19 including where to access vaccines, treatments, tests, and masks.
- **Plan for getting [access](#) to COVID-19 treatment.**
- **Know your personal risk, as well as your family and friends** and talk to your healthcare provider about any additional preparations and precautions you should take.
- **Stay up-to-date on [how to protect yourself and others](#),** like continuing to wear a well-fitted face mask (N95 or KN95, if possible) when indoors and not able to socially distance from people outside your household, especially if you are at risk for severe disease.

Last Updated: 10/18/2022