

## Protect Yourself and Your Family from COVID-19

California is now fully open, with some exceptions for [mask wearing](#) and [large events](#). Protect yourself and your family from COVID-19 by doing the following:

### 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. Californians ages 12+ are now eligible for vaccination. To get vaccinated call (833) 422-4255 or visit [myturn](#).



### Wear Masks When Required

Follow CDC and [state masking guidelines](#). Everyone must wear masks **on public transportation** (airports, planes, trains, buses, and stations). Masks are also required for everyone in certain settings (like hospitals and shelters). **If you're fully vaccinated<sup>1</sup>** you may go unmasked in most settings (except on public transportation and some other places).<sup>2</sup> People who are **not fully vaccinated** must still wear masks in all **INDOOR** public settings (such as, but not limited to, the grocery store and the movie theatre) and should wear masks in **OUTDOOR** crowded settings (like concerts or festivals or similar settings) when that region is experiencing high [COVID transmission](#). Read our [guidance for the use of face coverings](#).



### Stay Home and Get Tested If You're Sick

Stay home if you're feeling sick, and get tested for COVID-19 even if you've been vaccinated. Everyone can spread germs to others when they have symptoms. Read our [testing guidance](#).



### Sign Up for CA Notify

If you have a smartphone, sign up for CA Notify, California's exposure notification system. If you've been exposed to COVID-19, you'll get an alert and additional information on testing and next steps. Sign up for [CA Notify](#).



### Ventilate Indoor Spaces

COVID-19 risk is highest when an infected person spends time with others indoors in spaces with limited fresh air and ventilation. Reduce COVID-19 risk by keeping windows and doors open when possible, and also by keeping HVAC systems running as much as possible. Read our [ventilation guidance](#).



<sup>1</sup>Someone is considered fully vaccinated two weeks or more after their second dose of Pfizer/Moderna or two weeks after receiving the single dose J&J vaccine.

<sup>2</sup>Local health jurisdictions may impose stricter criteria. In workplaces, employers are subject to the Cal/OSHA COVID-19 [Emergency Temporary Standards](#) (ETS) or in some workplaces the [CalOSHA Aerosol Transmissible Diseases Standard](#), and should consult those regulations for additional applicable requirements.

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