



Make a Plan this Winter Season



Scan or click for links to resources

Prevention

Stay up to date with vaccines and boosters.

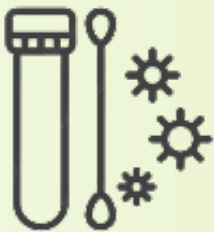
Wear a mask in public: indoors and at all crowded gatherings.

Good ventilation is important to prevent spread.

Stay home if you're ill.



Testing



Get tested if you have symptoms or were exposed.

You can use home tests or test at a testing center.

Order free home test kits: [COVIDtests.gov](https://www.covidtests.gov)

Treatment

Check with your primary physician or clinic.

Symptoms must be present 5 days or less to be eligible for oral or 7 days or less for intravenous treatment.

Free Telehealth Visits: **888-897-1244**

Free Test to Treat through OptumServe: **888-634-1123**

Pharmacists can prescribe Paxlovid. Check with your pharmacy.



COVID questions: COVIDTreatment@sdcounty.ca.gov

