Stay Healthy This Winter

Stay up-to-date on COVID-19, flu and RSV vaccinations to reduce the risk of severe disease.

Stay home when sick and **test** for COVID-19. If first antigen test is negative, make sure to test again 24 to 48 hours later! If symptoms get worse or you have concerns, contact a healthcare provider.

Have a plan to get **treatment** if testing positive for COVID-19. You must start oral treatments within 5 days of starting symptoms.

Keep gatherings smaller and outside or **well-ventilated**.
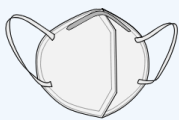
Consider **masking** in indoor public settings especially if you are at higher risk for severe disease (over 65 years of age and/or persons with certain health conditions).

Wash hands often and cover your cough or sneeze.

Public Health Department
Alameda County Health

For more information, visit **covid-19.acgov.org** or scan the QR Code: