PROTECT YOURSELF AND YOUR FAMILY FROM COVID-19

- **Get Vaccinated & Boosted**
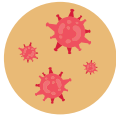
- **Wear a Mask**

- **Stay Home and Get Tested If You are Sick**

- **Tested positive? Access COVID-19 Treatments if You are at High Risk**

- **Ventilate Indoor Spaces**

COUNTY of VENTURA | **vcrecovers.org**

COVID-19 vaccines are safe and effective at preventing serious illness. Everyone ages 5+ should get vaccinated. Those eligible should get boosted.

► Visit **MyTurn.ca.gov** or call **833-422-4255** to schedule a vaccine appointment.

California strongly recommends that everyone, regardless of vaccination status, wear a mask in all indoor public settings. A KN95, KF94, or N95 that fits well is best, or a surgical mask with a cloth mask on top. California requires masking in some settings like hospitals.
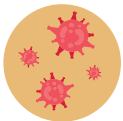
To get tested, talk to your medical provider or visit a free state testing site.

► Make an appointment at **lhi.care/covidtesting** or call **888-634-1123**.

There are several COVID-19 treatment options available that can help you recover. Treatments work best as soon as possible after testing positive and developing symptoms.

► Talk to your healthcare provider to access treatment or call **888-634-1123** to find a state testing site that offers treatment.

Keep windows and doors open, when possible, run air systems, and use portable air cleaners.

Stay informed about COVID-19 in the County of Ventura at **vcrecovers.org**

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