

PREPARE FOR THE HOLIDAYS!

We are seeing an uptick of COVID cases in San Francisco and across the region as we enter the holiday season and people increase activity. As the winter holiday season is upon us, the San Francisco Department of Public Health (SFDPH) supports safe celebrations and gatherings as an important part of recovery from the pandemic, especially when it comes to our mental health and overall wellbeing.

SFDPH guidance on celebrating safely includes the following:

- Get vaccinated against COVID-19, including children ages 5-11 now that they are eligible
- Get a COVID-19 booster – especially if you’re a senior or at higher risk
- Everyone 18 and older can receive a Pfizer booster
- Get a flu vaccine, which can be taken safely with a COVID-19 booster
- Choose outdoor activities over indoor activities, and limit being in crowds especially if you are unvaccinated
- Wear a mask in crowded outdoor settings, or whenever feasible in private indoor settings – especially when unvaccinated are present or the vaccination status of those present is unknown
- Wash your hands frequently and carry hand sanitizer wherever you go
- Delay travel until you are fully vaccinated. This means two weeks after completing your primary dose series (two doses for Pfizer and Moderna or one dose of Johnson & Johnson)
- Monitor your health and stay home if you feel sick, and get tested
- Consider testing within 72 hours before you travel or gather with others as you may have an asymptomatic infection. You can use an FDA-approved rapid at-home, self-test kit; reach out to your health service provider; a travel testing provider, or visit a COVID-19 testing site.

Want to get a vaccination or booster in San Francisco? Go to:

<https://sf.gov/get-vaccinated-against-covid-19>

Want to get a COVID-19 test in San Francisco? Go to:

<https://sf.gov/find-out-about-your-covid-19-testing-options>

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