

How to Engage Safely

You can keep yourself safe from COVID-19 and stay healthy while engaging with others. You can take precautions to protect yourself and others. Have a COVID-19 plan in place in case you get sick. There are now treatments for COVID-19. Consider these tips.

Get treated if you get COVID-19



- Treatment is highly recommended for older adults.
- Treatment makes it less likely you will need the hospital or die from COVID, and may prevent long-COVID symptoms.
- Don't wait. Contact your doctor as soon as you have symptoms and ask for treatment.
- See the San Francisco Department of Public Health website by clicking or typing: bit.ly/SFDPHTreatCOVID

Get tested for COVID-19



- Get tested any time you feel sick or are exposed. Stay home and contact your doctor if positive.
- See the San Francisco Department of Public Health website by clicking or typing: bit.ly/SFDPHTestCOVID

Get vaccinated and boosted



- COVID-19 vaccines make it less likely you will need the hospital or die from COVID.
- It's okay to get the COVID booster at the same time as other vaccines like a flu or pneumonia shot.
- See the Centers for Disease Control and Prevention website by clicking or typing: bit.ly/CDCVaccineCOVID

Watch out for local increases in COVID-19



- Listen to the news, community leaders, and healthcare providers for increases in COVID-19 cases and recommendations.
- See the San Francisco Department of Public Health website by clicking or typing: bit.ly/SFDPHCovidData

Wear a mask as needed



- Masking protects from infection, particularly when indoors or in crowded spaces.
- Well-fitting N95, KN95, KF94 masks are most effective.
- See the the San Francisco Department of Public Health website by clicking or typing: bit.ly/SFDPHCovidMask