



# The SMARTER Steps

May 2023

The SMARTER steps are strategies for Californians to use to support the SMARTER Plan to adapt to COVID-19 in our lives. California's path forward will be predicated on our individual, smarter actions, that will collectively yield better outcomes for our neighborhoods, communities, and state. To learn more about the latest updates for Californians about COVID-19, visit the [CDPH COVID-19 website](#).

## SHOTS

All individuals are recommended to stay up to date with COVID-19 vaccinations, which have been updated to target the latest variant. Booster doses can increase protection against severe COVID-19 disease, building on the protection received from the primary vaccination series. [Learn more about vaccines.](#)

## MASKS

Wearing a mask is an effective tool to help protect yourself and others, and is especially important for those who are [at higher risk for getting very sick from COVID-19](#) when many in the community may currently be infectious to others. Good fit and filtration will ensure you get the most benefit from [wearing a mask](#), and filters provide better protection than surgical masks and cloth masks.

## VENTILATION

Improving ventilation (air flow) when indoors can reduce the risk of infection by lowering the amount of virus in the air. You can improve indoor air quality by opening doors and windows, running air conditioning and heating systems with a good quality filter, and using portable air cleaners. To learn more about how to improve ventilation and filtration visit the [CDPH Interim Guidance for Ventilation, Filtration, and Air Quality in Indoor Environments](#) and [Frequent Questions about Indoor Air and Coronavirus \(COVID-19\)](#).

## TESTS

If you have an exposure to or symptoms of COVID-19, you should take an at-home test or get a test from a healthcare provider. If you test negative on an at-home test but have COVID-19 symptoms, test again with another at-home test at least one day after the first test or obtain a PCR test. Both at-home and PCR tests can detect COVID-19. If your symptoms do not improve, contact your healthcare provider. [Learn more about how to get tested.](#)

## ISOLATION

Individuals who feel sick or who have tested positive should stay home and avoid contact with others. [Read the latest isolation guidance.](#)

## TREATMENT

There are medications approved to treat COVID-19, especially for Californians aged 50 and older and those with health problems [that increase the risk of severe disease](#). Contact your healthcare provider to determine which medication options are right for you and make a plan in case you get sick. [Learn more about available treatments.](#)

Californians should also pay attention to guidance from their local public health departments, as local conditions may warrant different approaches. State officials will continue to update these SMARTER steps to help protect you and your loved ones from serious COVID-19 disease.



Scan the QR code to see the interactive links on this flyer.

COVID-19 Hotline: 1-833-422-4255

Monday – Friday, 8AM – 8PM | Saturday – Sunday, 8AM – 5PM

[COVID19.CA.GOV](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID19.CA.GOV)

Our Actions Save Lives