



The SMARTER Steps

May 4, 2022

These SMARTER steps are a simple and clear tool for Californians to use as they navigate the SMARTER Plan, the state's next phase of the COVID-19 pandemic. To learn more about how we're preparing for future COVID-19 surges or variants, visit covid19.ca.gov/smarter

SHOTS

All individuals are recommended to stay up to date with COVID-19 vaccinations. If you haven't completed your primary series (two doses for the Moderna or Pfizer vaccines, or one dose of the J&J vaccine) you should do so immediately. Get boosters when they are due.

MASKS

Good fit and filtration will ensure you get the most out of wearing a mask. Respirators (including N95s, KN95s, or KF94s) or surgical masks are recommended instead of cloth masks, but any mask is better than none. Everyone, regardless of vaccination status, is strongly recommended to wear a mask indoors so that together we can continue to protect the health and well-being of the most vulnerable. These groups include: children who are not eligible for a vaccine, older Californians, those with disabilities, as well as those who have compromised immune systems or complex chronic medical conditions.

VENTILATION

Meeting outdoors is always the safest. Improving ventilation (air flow) when indoors can protect people by lowering the amount of virus in the air. You can improve indoor air quality by opening doors and windows and using portable air cleaners.

TESTS

If you have an exposure or symptoms, you should take an at-home test or get a test at a testing site or a healthcare facility. If you test negative on an at-home test but have COVID-19 symptoms, test again with an at-home test in 24-48 hours or obtain a PCR test. Currently, both PCR and at-home tests can detect COVID-19, but as with every test there are occasional false positives and false negatives.

ISOLATION

Individuals who have tested positive should stay home at least five days AND until their fever and symptoms are improving. Test with an at-home test at or after day five to confirm you are no longer infectious.

TREATMENT

There are medications approved for treatment for COVID-19 infection, especially for those with a high risk of serious disease. Contact your health care provider to determine if a medication is right for you.

Californians should also pay attention to guidance from their local public health leaders, as local conditions may warrant different approaches. State officials will continue to update these SMARTER steps to help you safely navigate the pandemic.

COVID-19 Hotline
1-833-422-4255

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

COVID19.CA.GOV
Our Actions Save Lives