



The SMARTER Steps

October 2022

The SMARTER steps are a simple tool for Californians to use to 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, you should do so immediately. Get boosters when they are due. [Learn more about vaccines.](#)

MASKS

Wearing a mask is an effective tool to help slow the spread of COVID-19. 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. California uses the [Centers for Disease Control and Prevention \(CDC\) COVID-19 Community Levels](#) to inform masking recommendations and prevention actions dependent on a community being classified as low, medium, or high. Learn more about the [current masking guidance](#).

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. [Learn more about how to get tested.](#)

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. [Learn more about the current isolation guidance.](#)

TREATMENT

There are medications approved to treat COVID-19, especially for those with a high risk of serious disease. Contact your health care provider to determine if a medication is right for you. [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 you safely navigate the pandemic.



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

Our Actions Save Lives