

January 28, 2022



Federal Government Begins Offering Free N95 Masks

Free N95 masks are expected to be available at pharmacies and community health centers throughout the U.S. this week.

Pharmacies participating in the Federal Retail Pharmacy Program to deliver COVID-19 vaccines are expected to participate in the new mask distribution program, including CVS, Walgreens, Kroger, Rite Aid, Publix, Walmart and Sam's Club. For a full list of pharmacy and supermarket pharmacy chains, click [here](#).

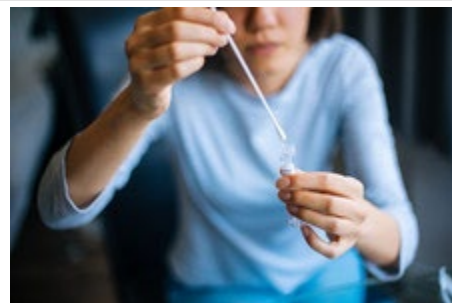
Each adult will be able to pick up 3 free masks. Only adult size masks will be available at this time; high quality smaller size masks for children will be made available in the near future.

Anyone looking to pick up free masks should contact their local store to confirm that masks are available.

Masks are required to be worn indoors in public throughout California, regardless of vaccination status, until February 15, 2022.

Free At-Home COVID-19 Tests Now Available Through USPS

At-home tests are now available to order through the U.S. Postal Service. Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests.



Orders will usually ship in 7-12 days. Visit covidtests.gov to order online.

Testing continues to be a critical component in reducing viral transmission by supporting early detection of COVID-19 and containment of the disease. For additional ways to get a COVID-19 test, you can:

- Ask your healthcare provider or visit your local retail pharmacy
- Order an at-home test kit online at no cost through the OC Health Care Agency at ohealthinfo.com/covidtest
- Search for a local certified testing site at covid19.ca.gov/get-tested or covidclinic.org

If you are ordering test kits online, please be patient as test kits may be delayed beyond the usual processing time due to high demand for COVID-19 testing throughout the U.S.

CDC Recommends Wearing Most Protective Mask Possible

The Centers for Disease Control and Prevention (CDC) recommends that you wear an N95 mask or the most protective mask you can that fits well and that you will wear consistently.

To improve efficacy, the mask should fit snugly against your face, cover the nose and mouth, and require minimal re-adjustment. The ear loops and nose piece can be adjusted to reduce gaps.

For more information from the CDC about effective masks, click [here](#).

Upgrade Your Mask

Consider Fit, Filtration and Comfort

GOOD



Surgical
Mask

BETTER



KF94/KN95
Surgical + Cloth

BEST



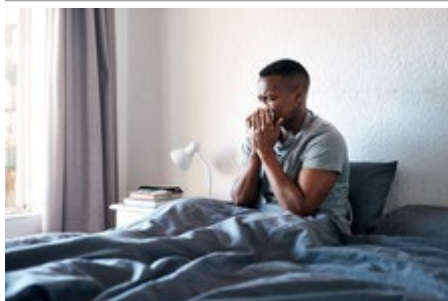
N95

FAIR



Cloth Mask

One that fits well and has at least 3 layers. A cloth mask is better than no mask.



When Do I Self-Isolate and When Do I Self-Quarantine?

Self-isolation means staying home when you have tested positive or have symptoms of COVID-19.

Self-quarantine means staying home when you have been in close contact with someone who has COVID-19, even if you don't feel sick or have been vaccinated.

For guidance on isolation and quarantine from the CDC, click [here](#).

[Sign up for weekly emails on COVID-19](#)

[Sign up for our press releases](#)

[Follow us on Facebook](#)

[Follow us on Twitter](#)

