

Updated COVID-19 vaccine now recommended for children and adults.  
Get yours this fall. Find a location near you at [vaccines.gov](https://vaccines.gov).

## Find COVID-19 guidance for your community



### Your COVID-19 Toolkit

Resources to keep yourself and others safe from COVID-19.



#### Masks

Wear a mask to protect yourself and others when you go indoors in public.

Free N95 masks are available at many local pharmacies and healthcare providers. Check with stores in your area to see where you can find free masks.

[Learn more about masks and where to get them](#)



## Treatment

Treatments for COVID-19 are now widely available. If you test positive for COVID-19, talk to a doctor as soon as possible about [treatment options](#) .

The Test-to-Treat program is one easy way to get treatment. Test-to-Treat locations will give you a test and treatment.

[Find a Test-to-Treat location near you](#)



## Vaccines

Being fully vaccinated and boosted is the best way to protect against severe illness and hospitalization from COVID-19.

Everyone ages 5 and up who's already been vaccinated is eligible for new vaccines that have been updated to restore protection and target the Omicron variant. Get yours this fall.

[Find a vaccine or booster at vaccines.gov](#)



## Testing

COVID tests can help you know if you have COVID-19 when you have symptoms, have been exposed, or are about to meet up with others.

[Order free tests at COVIDtests.gov](#)

Have toolkit questions?  
Call [1-800-232-0233](tel:1-800-232-0233) (TTY 1-888-720-7489)



Some people who have been infected with the virus that causes COVID-19 can experience long-term effects from their infection, known as Long COVID. [Learn more.](#)

#### MORE RESOURCES

## Symptoms and care

The latest guidance on what to do if you or your family are sick.

[Learn more about symptoms and care](#)

## Immunocompromised

The latest guidance for those who are immunocompromised, including where to get preventative treatment.

[More resources for people who are immunocompromised](#)

## Travel

The latest guidance on rules and restrictions, so you can plan ahead before travel.

[Learn more about travel](#)

## At-home testing

The latest guidance on using at-home tests, what to do with the results, and how to get at-home tests.

[Learn more about at-home testing](#)

## Air ventilation

You can decrease your chances of getting sick with simple actions in your home, like opening windows or filtering the air.

[Learn about improving ventilation in your home.](#)

## Long COVID Study

Help the National Institutes of Health learn more about long term COVID-19 symptoms and how to treat them.

[Join a research study near you](#)



covid.gov

An official website of the [Department of Health and Human Services](#)

---

**COVID-19 Response**

[vaccines.gov](https://vaccines.gov)

[wecandothis.hhs.gov](https://wecandothis.hhs.gov)

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

**HHS Resources**

[About HHS](#)

[HHS FAQs](#)

[HHS Archive](#)

[HHS Guidance Portal](#)

**Policies & Support**

[Accessibility](#)

[FOIA requests](#)

[No FEAR Act Data](#)

[Office of Inspector General](#)

[Performance Reports](#)

[Privacy Policy](#)

[Vulnerability Disclosure Policy](#)

[Viewers & Players](#)

**Contact Info**

200 Independence Ave., S.W.  
Washington, DC 20201

[1-877-696-6775](tel:1-877-696-6775)

[Contact Us](#)

**Connect with Us**

[Sign Up for Email Updates](#)



---

Looking for U.S. government information and services?

[Visit USA.gov](https://www.usa.gov)