**Templates for texts and emails about COVID-19 treatments**

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**Text templates**

**To the public:**

(\_put your organization name here, e.g California Department of Public Health\_): If you feel sick and think you have COVID-19, take action! COVID-19 treatments are safe and effective for preventing COVID-19 illness from getting serious, and they are free and widely available! They must be taken within 5-7 days of when symptoms begin to work. Remember if you test and treat, you can beat COVID-19!

Learn more at <https://covid19.ca.gov/treatment/> or call the state COVID-19 hotline at 833-422-4255.

**To other CBOs and Orgs:**

(\_put your organization name here, e.g California Department of Public Health\_): Please help us remind our communities ahead of the holidays: if you feel sick and think you have COVID-19, take action! COVID-19 treatments are safe and effective for preventing COVID-19 illness from getting serious, and they are free and widely available. They must be taken within 5-7 days of when symptoms begin to work. Please remind your community members: If you test and treat, you can beat COVID-19!

Learn more at <https://covid19.ca.gov/treatment/> or call the state COVID-19 hotline at 833-422-4255.

**Email templates**

**To the public:**

Hello,

**This COVID-19 surge is different –** when you test positive for COVID-19, you no longer have to cross your fingers, hoping that it doesn’t get serious. **Now, there’s more we can do. COVID-19 treatments** are safe and effective for preventing COVID-19 illness from getting serious, and they are **free and widely available!** COVID-19 medications such as the Paxlovid pill can stop the virus from multiplying in your body, help you test negative sooner, and may lower the risk of developing long COVID symptoms. You do not need to have insurance or US citizenship to get these medicines for free.

Follow these steps if you start to feel sick:

1. **Get tested** for COVID-19. Call the statewide COVID-19 hotline at 833-422-4255 or go to <https://covid19.ca.gov/get-tested/> to find free COVID-19 testing.
2. **Act fast to seek COVID-19 treatment** if you have symptoms – COVID-19 treatments must be taken within 5-7 days of when symptoms start to work.
   1. Call your health care provider or an urgent care center, or connect to a free telehealth provider today by visiting [www.sesamecare.com/covidca](http://www.sesamecare.com/covidca) or calling 833-686-5051. You can also find a Test to Treat location where you can get tested for COVID, talk to a doctor, and get treatment all at once by calling 833-422-4255.
3. **Isolate** from others for at least 5 full days. Use the [Personal Testing and Isolation Calculator](https://caconnected.cdph.ca.gov/agent/?id=24) to help you determine how long you should isolate.
4. **Tell people** you’ve recently interacted with that they may have been exposed. You can do this by calling, texting, or emailing them, or notify them anonymously through the [Tell Your Contacts](https://tellyourcontacts.org/) website.

You can always find more information about COVID-19 treatment on our website at <https://covid19.ca.gov/treatment/> or by calling the statewide COVID-19 hotline at 833-422-4255.

Have a wonderful holiday season!

**To other CBOs and Orgs:**

Hello partner,

**This COVID-19 surge is different –** when you test positive for COVID-19, you no longer have to cross your fingers, hoping that it doesn’t get serious. **Now, there’s more we can do. COVID-19 treatments** are safe and effective for preventing COVID-19 illness from getting serious, and they are **free, widely available!** This is a game-changer for how we now navigate COVID-19 – COVID-19 medications such as the Paxlovid pill can stop the virus from multiplying in your body, help you test negative sooner, and may lower the risk of developing long COVID symptoms. You do not need to have insurance or US citizenship.

The majority of Californians still do not know that effective COVID treatments exist, are free and available, and are recommended for most adults and some teens. We hope to have **your help** with communicating to our communities **ahead of the expected winter surges** that, *as soon as you start feeling sick, get a COVID-19 test and* ***if you test positive, seek COVID-19 treatment right away****. COVID-19 treatments, like the Paxlovid pill, must be taken within 5-7 days of when symptoms begin to work, so do not wait until your illness gets worse.*

Would you please use and share the attached packet of handouts and social media on COVID-19 treatments? We hope these will be helpful as you let your community know to take these steps if they start feeling sick:

1. **Get tested** for COVID-19. Call the statewide COVID-19 hotline at 833-422-4255 or go to <https://covid19.ca.gov/get-tested/> to find free COVID-19 testing.
2. **Act fast to seek COVID-19 treatment** if you have symptoms – COVID-19 treatments must be taken within 5-7 days of when symptoms start to work.
   1. Call your health care provider or an urgent care center, or connect to a free telehealth provider today by visiting [www.sesamecare.com/covidca](http://www.sesamecare.com/covidca) or calling 833-686-5051. You can also find a Test to Treat location where you can get tested for COVID, talk to a doctor, and get treatment all at once by calling 833-422-4255.
3. **Isolate** from others for at least 5 full days. Use the [Personal Testing and Isolation Calculator](https://caconnected.cdph.ca.gov/agent/?id=24) to help you determine how long you should isolate.
4. **Tell people** you recently interacted with that they may have been exposed. You can do this by calling, texting, or emailing them, or notify them anonymously through the [Tell Your Contacts](https://tellyourcontacts.org/) website.
5. Call the statewide COVID-19 hotline if you need help with finding free COVID-19 treatment or want more information, at 833-422-4255.

Let’s make sure our communities have the knowledge they need to seek effective care when they get COVID-19. You can always find more information about COVID-19 treatment on our website at <https://covid19.ca.gov/treatment/>.

Have a wonderful holiday season!