COVID-19 EXPOSED NOT UP-TO-DATE ON YOUR VACCINE & BOOSTER

Guidance for the General Public

You are **NOT** up-to-date if you are **not vaccinated**, **not fully-vaccinated**, or if you are **not boosted** and you completed both doses of the Moderna or Pfizer vaccine <u>more</u> than **5** months ago or you completed the single dose of the J&J vaccine <u>more</u> than 2 months ago.

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

WATCH YOURSELF FOR SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

PROTECT OTHERS

WEAR A MASK AROUND OTHERS FOR 10 DAYS

Especially if you live with someone who is <u>not</u> vaccinated *OR* is at high risk of severe disease.

If you start to have COVID-19 symptoms...

Get a test and stay home.

*see "Isolation Guidance"

WHAT TO DO: STAY HOME FOR 5 DAYS



Get tested, if possible, on or after day 5.

If your test is positive: Start isolation guidance* (Stay home for at least 5 more days, wear a mask and tell your close contacts to monitor, mask and test).

If your test is negative: Resume normal activities and continue to wear a mask around others until day 10.

Last day of masking around others.

Isolation guidance and more resources at: www.netracing.org