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 more than 5 months ago or you completed the single dose of the J&J vaccine more than 2 months ago.

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 not vaccinated OR is at high risk of severe disease.

WHAT TO DO: STAY HOME FOR 5 DAYS
If you have been within 6 feet of someone with COVID-19 for a total of 15 minutes or more on any day that they may have been infectious, STAY HOME for 5 DAYS, monitor and mask for at least 10 days, and test if possible.

If you cannot stay home for 5 days, mask around others for 10 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.

If you start to have COVID-19 symptoms...
Get a test and stay home.

*see "Isolation Guidance"

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

Learn more at Coronavirus Disease (COVID-19) | CDC