If you were <u>exposed</u> to COVID-19 and are <u>not Up to Date*</u> with your COVID-19 vaccine

Self-quarantine to protect yourself and others:

- Stay home. Do not go to work, school, or other public places. Self-quarantine for:
  - 10 full days after the last day you were exposed if you have NO symptoms; or
  - 5 days if you have no symptoms and test negative on or after day 5 of quarantine and can wear a well-fitting mask for the remaining 5 days when in public indoor places.

- Quarantine may last longer than 10 days if you have ongoing exposure to the person who tested positive for COVID-19. To calculate the quarantine period, the day after your last contact to the person with COVID-19 while they are in their isolation period is considered day 1 of quarantine.

- Stay away from people you live with, if possible. Consider wearing a mask at home if you live with people who are at <u>high-risk</u>.

- Consider <u>vaccination</u> when quarantine has ended.

If you develop any of these symptoms, get tested:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches

- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Seek emergency medical care if you experience chest pain, blue or gray lips/finger nails, or difficulty staying awake.

*Up to date means a person has received all <u>recommended COVID-19 vaccines</u>, including any booster dose(s) when eligible.

Jan. 20, 2022