



Now what?



I was around* someone with COVID-19.

* We live together, or we were within 6 feet for a total of 15 minutes or more.

Recently vaccinated?

- Have been boosted
- Got dose #2 of Pfizer/Moderna in the last 6 months
- Got one-dose of J&J in the last 2 months

Then...

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

Not vaccinated?

or

Vaccinated a while ago?

- Got dose #2 of Pfizer/Moderna more than 6 months ago and are not boosted
- Got one-dose of J&J more than 2 months ago and are not boosted

Then...

- Stay home for 5 days. After that, keep wearing a mask around others for 5 more days.
- If you can't stay home, wear a mask for 10 days.
- Test on day 5, if possible.

If COVID-19 symptoms begin, stay home - whether or not you're vaccinated.
Try to get a PCR or proctored at-home antigen test.

I tested positive for COVID-19.

Whether you've been vaccinated or not, follow these steps:



- Stay home for 5 days. Day 1 = the day after symptoms began OR the day after the positive test was taken.
- If you have no symptoms or your symptoms are getting better after 5 days, then you can leave your house and wear a mask around others for 5 more days.
- If you continue feeling sick or your symptoms get worse, stay home and call your healthcare provider.



This is a tough time.

It's normal to feel stressed during a crisis. It's also normal to ask for help managing your stress.

- Call 1-800-720-9616, or
- Text "4HOPE" to 741 741