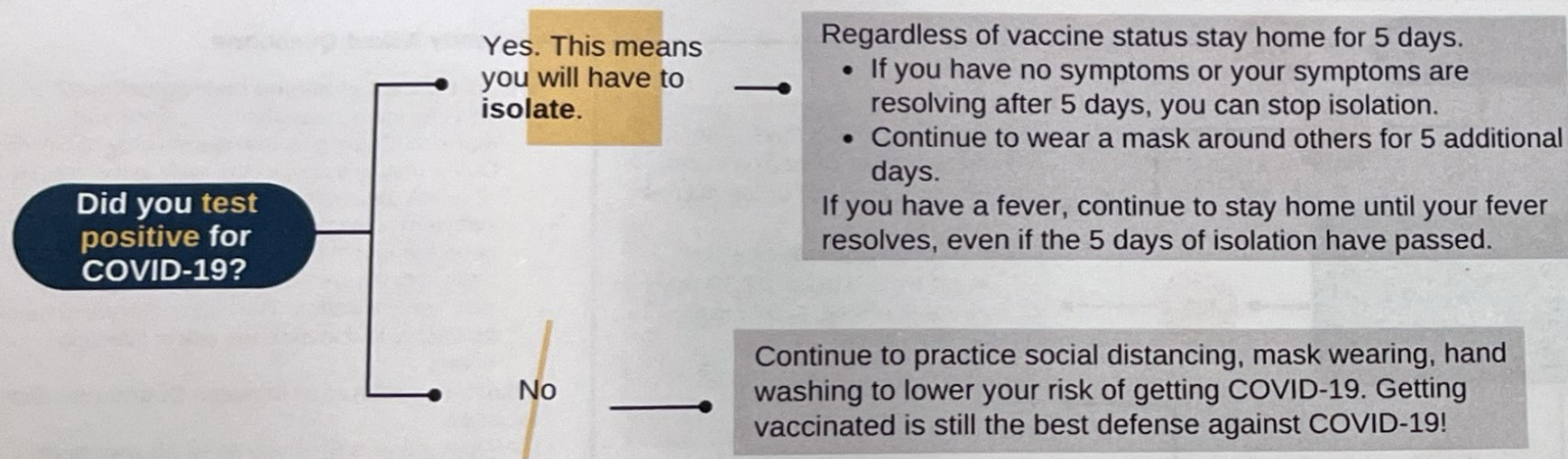


# CONFUSED ABOUT COVID-19, DON'T WORRY!

Follow the flowchart below to help determine, the best steps to take to keep yourself and others safe!



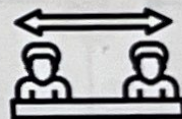
## WE HAVE ALL THE TOOLS TO FIGHT COVID-19

First, if you are feeling sick in any way be sure to get tested and stay home. If you can't stay home, be sure to wear a mask around others.

Lower your risk of getting COVID-19 by:



Wearing a mask



Social Distancing



Washing your hands

## GETTING VACCINATED!

- 5+ years of age are eligible for a Pfizer vaccine
  - 18+ years of age are eligible for Moderna or J&J
- You may also be eligible for a booster shot, check with your provider!  
**Check with your local County Health Department to learn more!**

## FREQUENTLY ASKED QUESTIONS

### Why is the CDC changing their guidelines?

- This change is motivated by science and research showing us that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days before symptoms start and the 2-3 days after. So, people who test positive should isolate for 5 days and, if asymptomatic at that time, they may leave isolation. They can continue to mask for 5 days to minimize the risk of infecting others.

### What's the difference between Quarantine and Isolate?

- **Quarantine** is what you do when you might have been exposed to the virus and may or may not have been infected. **Isolate** is what you do when you have been infected with the virus, even if you don't have symptoms, for example when you test positive for COVID.

### What is asymptomatic and can I spread COVID if I'm asymptomatic?

- Asymptomatic means you are not showing symptoms of the virus. Infected people can spread the virus. All people who are infected are identified by testing, isolated, and, depending on the severity of their disease, receive medical care.

Sources:

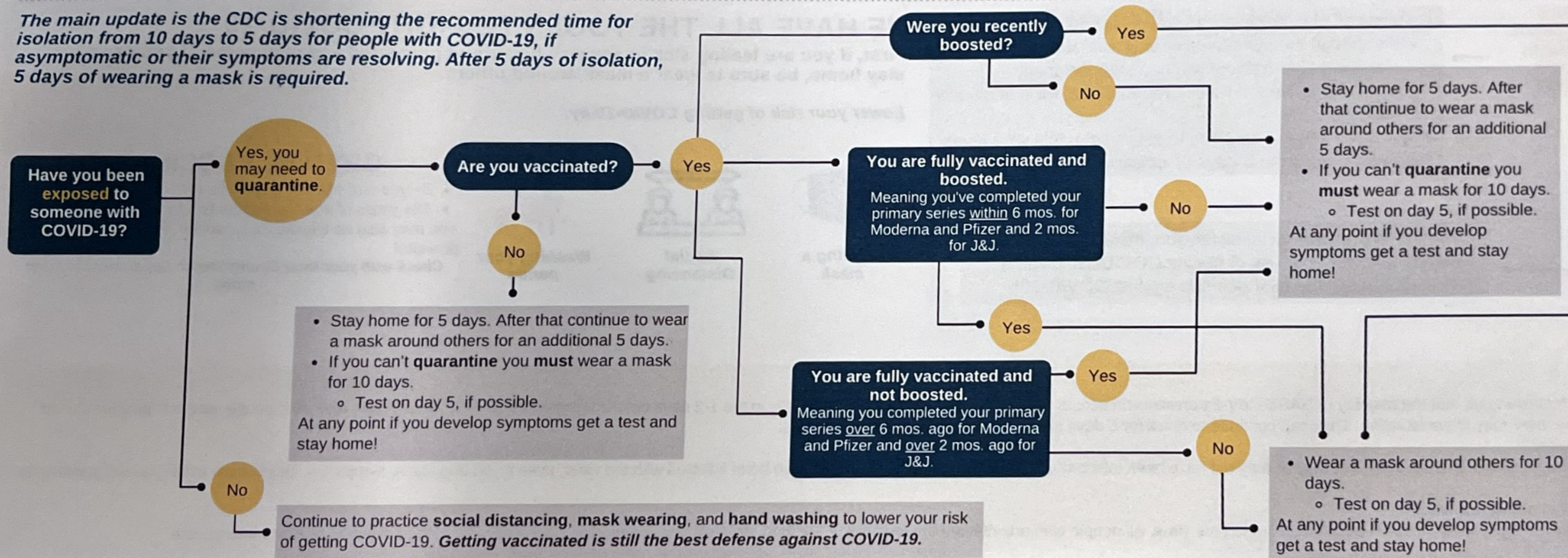
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/variants/omicron-variant.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
- <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>



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The main update is the CDC is shortening the recommended time for isolation from 10 days to 5 days for people with COVID-19, if asymptomatic or their symptoms are resolving. After 5 days of isolation, 5 days of wearing a mask is required.



## Frequently Asked Questions

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