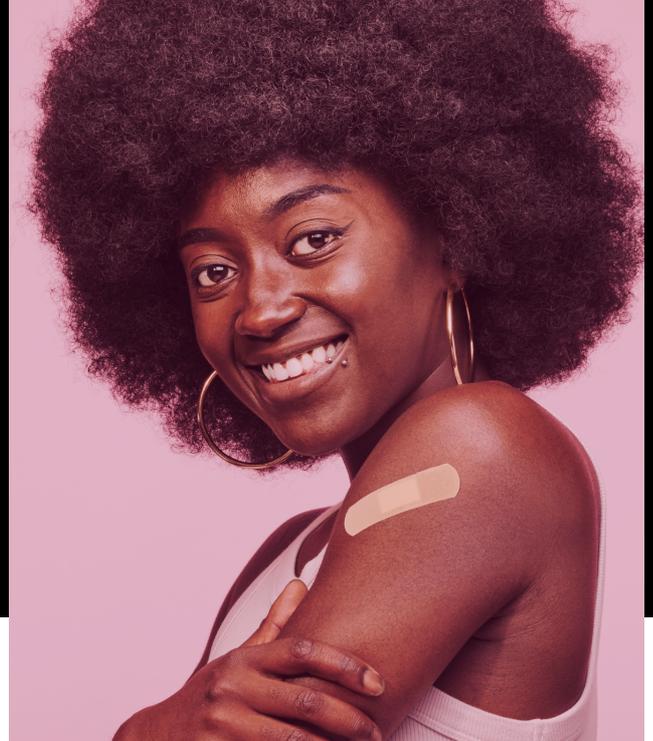


COVID 19- ISOLATION & VACCINE GUIDE

Two years after the outbreak of COVID-19 pandemic, our community is beginning to learn how to live with COVID-19 waves in our neighborhoods while mitigating the risk for (re-)infection and infecting others.

For both vaccinated and unvaccinated people, it is important to know what to do in case you are exposed to someone who tested positive for COVID-19, as well as what to do in case you test positive for COVID-19.



ISOLATION IF YOU WERE EXPOSED TO COVID-19

If you are not vaccinated or your vaccinations are not up-to-date* against COVID-19: You can leave home but limit contact with others as much as possible. Wear a tight-fitting mask if you must be in a public space. Get tested 5 days after exposure and watch for symptoms.

You are vaccinated for COVID-19: you do not have to isolate from others unless you start to experience symptoms. Wear a tight-fitting mask around others, and get tested 5 days after exposure.

After an exposure to COVID-19, symptoms may begin after 2-14 days.

Knowing the most common COVID-19 symptoms can help monitor yourself for any potential emerging symptoms.

- 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

WAYS TO PROTECT AGAINST COVID-19



Getting vaccinated and boosted are the safest and most effective ways to protect yourself against COVID-19 infection and its variants. Vaccines keep you from getting very sick and experiencing complications that require hospitalization.



Masks are another efficient tool in fighting the spread of COVID-19. Wear a mask if you are sick and must leave your home, or if you're caring for someone who has COVID-19.



Testing is vital in detecting COVID-19 infection. Test yourself if experiencing COVID-19 symptoms, have been exposed to someone who has tested positive, or you are planning to gather indoors with others!

Get a free test here: bit.ly/FreeTestCovid
Or contact BWPC if you live in Fresno at info@black-enterprises.com.

VIEW OUR [BREASTFEEDING GUIDE](https://bit.ly/BreastfeedCovid) HERE: [BIT.LY/BREASTFEEDCOVID](https://bit.ly/BreastfeedCovid) & OUR [MASK GUIDE](https://bit.ly/BWPCMaskGuide) HERE: [BIT.LY/BWPCMASKGUIDE](https://bit.ly/BWPCMaskGuide)

COVID 19 ISOLATION GUIDE

SOURCE: [BIT.LY/COVIDISOLATION1](https://bit.ly/COVIDISOLATION1)

	MUST ISOLATE FOR 5 FULL DAYS*	HOW TO END ISOLATION?	WEAR MASKS	SAFE AROUND OTHERS WITH WEAKENED IMMUNE SYSTEM
COVID-19 POSITIVE & HAVE SYMPTOMS	Yes	After 5 full days if you are fever-free without medication, and other symptoms improved	Yes, a well-fitted mask, for 10 days while at home around others and in public for 5 additional days after the end of the 5-day-period	Avoid them until after at least 10 days
COVID-19 POSITIVE & DON'T HAVE SYMPTOMS	Yes (day 0 is positive test)	After 5 full days if you never developed symptoms, otherwise the 5-day-isolation period starts over	Yes, a well-fitted mask, for 10 days while at home around others and in public for 5 additional days after the end of the 5-day-period	Avoid them until after at least 10 days
YOU WERE MODERATELY SICK FROM COVID-19	Isolate longer	ISOLATE for 10 days		
YOU REQUIRED HOSPITALIZATION, ICU CARE OR VENTILATION SUPPORT; OR HAVE A WEAKENED IMMUNE SYSTEM	Isolate longer	At least 10 and up to 20 days and talk to your doctor about when it is safe to be around others. You may need to get tested again.	ISOLATE for 10 days	ISOLATE for 10 days
POSITIVE COVID-19 TESTS AFTER INFECTION.	It depends, you may continue to test positive weeks after the initial infection, even after the recommended isolation period. Prolonged positive results do not indicate that you are still contagious.			

COVID 19 VACCINATION GUIDE

[BIT.LY/VACCINERECCOVID](https://bit.ly/vaccinereccovid)

	COVID-19 VACCINE (1. AND 2. OR 1, 2. AND 3 DOSES)	COVID-19 FIRST BOOSTER	COVID-19 SECOND BOOSTER
 <p>EVERYONE 6 MONTHS OR OLDER</p>	X		
 <p>5 YEARS AND OLDER, IF ELIGIBLE</p>	X	X	
 <p>50 YEARS AND OLDER</p>	X	X	X
 <p>12 AND OLDER PEOPLE WHO ARE MODERATELY OR SEVERELY IMMUNOCOMPROMI SED</p>	X	X	X