

## If you were exposed to COVID-19 and are FULLY VACCINATED

### Take steps to protect yourself and others:

- Get tested 3-5 days after the day you were exposed to COVID-19.
- Wear a mask in indoor public settings for 14 days or until you receive a negative test result.
- If you do not have symptoms of COVID-19, you do not need to quarantine.
- Monitor for symptoms for 14 days following your exposure.
- Consider wearing a mask at home if you live with persons who are at **high risk**.

### Isolate yourself if you develop 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

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

### If your Local Health Department calls you, tell them:

- Basic information about you
- Where you been (work, school, house of worship, etc.)
- Your medical history and vaccine information
- If you have COVID-19 symptoms and when they began
- If you need support or help call your healthcare provider

August 18, 2021



TEAM KENTUCKY



## If you were exposed to COVID-19 and are NOT FULLY VACCINATED

### 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 if you have **NO** symptoms; or
  - 7 days if you **NO** symptoms and test negative on or after day 5 of quarantine. Learn more about the [CDC Quarantine Guidance](#).
- Stay away from people you live with, if possible. Consider wearing a mask at home if you live with persons who are at **high risk**.
- Consider vaccination when able.

### 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.

### If your Local Health Department calls you, tell them:

- Basic information about you
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[Contact Cards VaccineStatus \(ky.gov\)](#)