

COVID-19 EXPOSED UP-TO-DATE ON YOUR VACCINE & BOOSTER

You are up-to-date if you have been boosted or you have completed the primary series (both doses) of the Moderna or Pfizer vaccine within the last 6 months or you have completed the primary series (single dose) of the J&J vaccine within the last 2 months.

WATCH YOURSELF FOR SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

PROTECT OTHERS

WEAR A MASK AROUND OTHERS FOR 10 DAYS

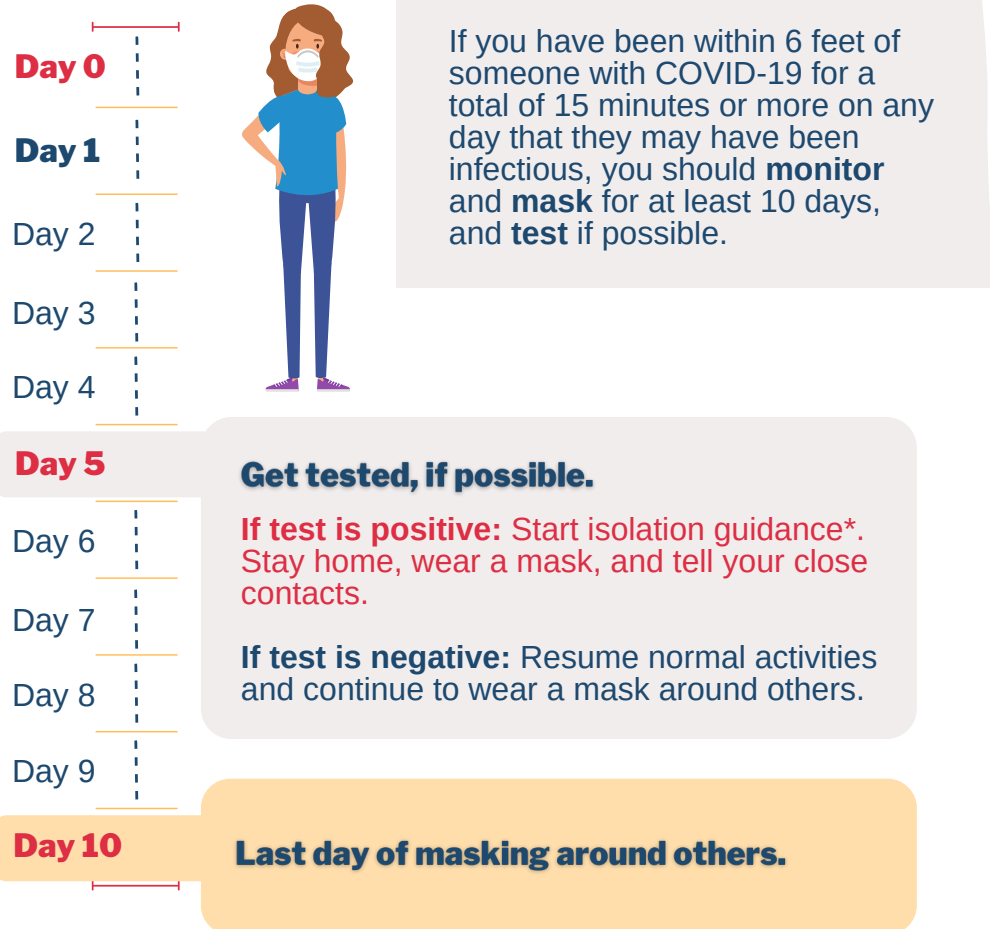
Especially if you live with someone who is not vaccinated OR is at high risk of severe disease.

If you start to have COVID-19 symptoms...

Get a test and stay home.

*see "Isolation Guidance"

WHAT TO DO: MONITOR, MASK & TEST



Isolation guidance and more resources at:
www.netracing.org

COVID-19 EXPOSED NOT UP-TO-DATE ON YOUR VACCINE & BOOSTER

You are **NOT** up-to-date if you are **not vaccinated**, **not fully-vaccinated**, or if you are **not boosted** and you completed both doses of the Moderna or Pfizer vaccine *more* than 6 months ago or you completed the single dose of the J&J vaccine *more* than 2 months ago.

WATCH YOURSELF FOR SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

PROTECT OTHERS

WEAR A MASK AROUND OTHERS FOR 10 DAYS

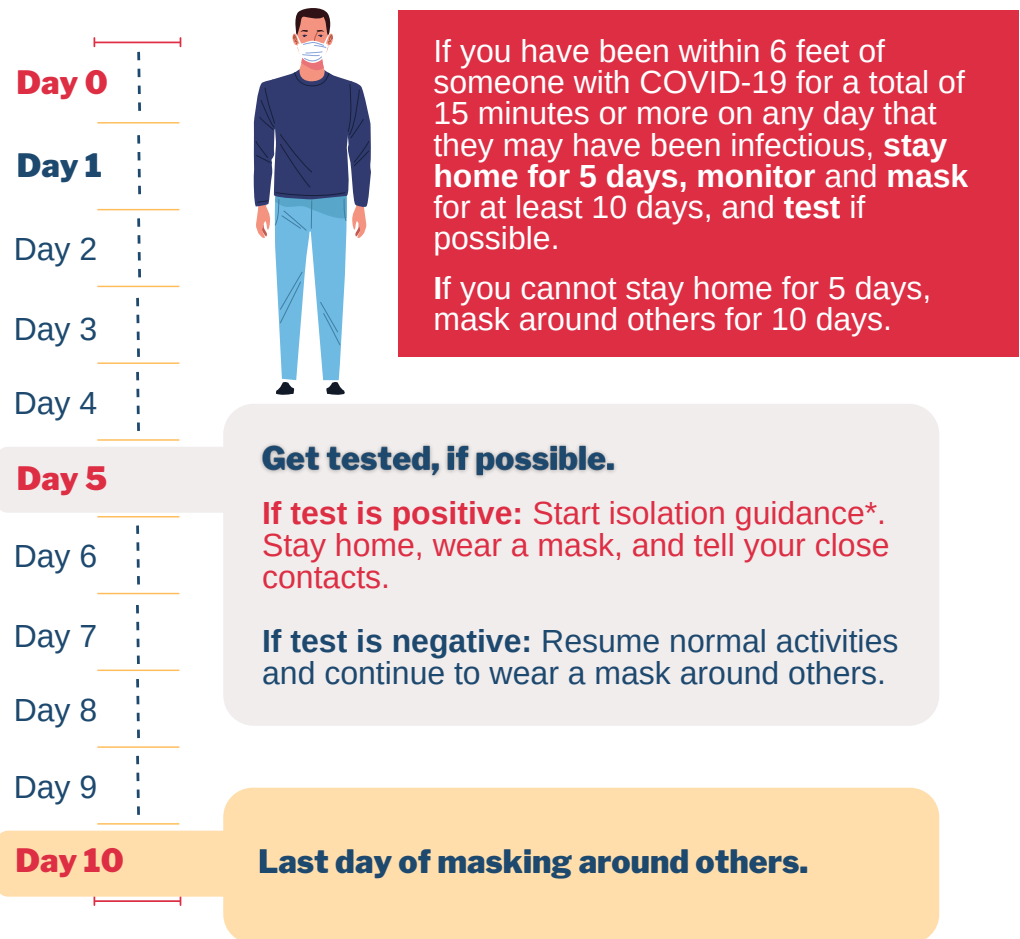
Especially if you live with someone who is not vaccinated OR is at high risk of severe disease.

If you start to have COVID-19 symptoms...

Get a test and stay home.

*see "Isolation Guidance"

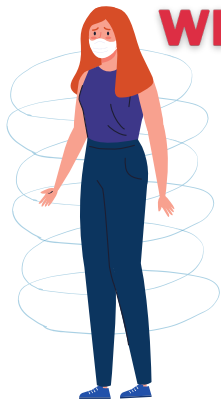
WHAT TO DO: STAY HOME FOR 5 DAYS



Isolation guidance and more resources at:
www.netracing.org

COVID-19 POSITIVE OR SYMPTOMATIC: Isolation Guidance

If you have tested positive or have symptoms of COVID-19, you need to stay home and isolate for 5 days!



WHAT TO DO: STAY HOME, MASK & MONITOR

GIVE SPACE TO PEOPLE YOU LIVE WITH & DO NOT HOST VISITORS

Stay in a separate part of your home when possible and use a different bathroom if you can.

WEAR A MASK FOR 10 DAYS

Over your mouth and nose. **Even at home**, if you live with other people.

WASH YOUR HANDS

With soap and water, for 20 seconds each time you wash them.

CLEAN ALL "HIGH TOUCH" SURFACES

Wipe down and sanitize shared spaces often.

STAY HOME FOR 5 DAYS

Start counting on the date of your positive test, OR on the first day of symptoms.

If you start out asymptomatic but get symptoms during your 10-day isolation period, begin the 10-day count again. The first day of symptoms is your new Day 0.

WATCH FOR SYMPTOMS OF COVID-19

For a full list visit www.cdc.gov

Day 0

THE DATE OF YOUR POSITIVE TEST OR YOUR FIRST DAY OF SYMPTOMS*

Day 1

THIS IS YOUR FIRST FULL DAY AFTER

- your positive test or
- your symptoms start.

Day 2

Day 3

Day 4

Day 5

**DAY 5
NO FEVER**

...and your other symptoms are gone or getting better?

Then you can leave your house.

Continue to wear a mask for 5 more days.

Day 6

Day 7

Day 8

Day 9

Day 10

**NO FEVER?
NO SYMPTOMS?**

Last day of masking around others.

**DAY 5
WITH FEVER**

Continue to **stay home** until your fever is gone and your symptoms are getting better.

Wear a mask until at least day 10.

**FEVER?
SYMPTOMS?**

Keep masking until your fever is gone.

More resources at: www.netracing.org