

# If you were exposed to COVID-19 and are boosted OR fully vaccinated but not yet booster-eligible\*

## Take steps to protect yourself and others:

- Get tested 5 or more days after the last day you were exposed to COVID-19.
- Wear a mask in indoor public settings for 10 days after your last day of exposure or until you receive a negative test result.
- Monitor for symptoms for 14 days following your last day of 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.

\*Booster-eligible includes people 16 years of age or older who completed their primary mRNA (Pfizer/Moderna) vaccine series  $\geq 6$  months ago or their J&J/Janssen vaccine  $\geq 2$  months ago.

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Kentucky Public Health

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