

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

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 after the last day you were exposed if you have NO symptoms; or
 - 5 days if you have no symptoms and test negative on or after day 5 of quarantine.
- Quarantine may last longer than 10 days if you have ongoing exposure to the person who tested positive for COVID-19. To calculate the quarantine period, the day after your last contact to the person with COVID-19 while they are in their isolation period is considered day 1 of quarantine.
- Stay away from people you live with, if possible. Consider wearing a mask at home if you live with people who are at high-risk.
- Consider vaccination when quarantine has ended.

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.

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

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Kentucky Public Health

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