

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

Day 0

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10



If you have been within 6 feet of someone with COVID-19 for a total of 15 minutes or more on any day that they may have been infectious, **stay home for 5 days**, **monitor** and **mask** for at least 10 days, and **test** if possible.

If you cannot stay home for 5 days, mask around others for 10 days.

Get tested, if possible.

If test is positive: Start isolation guidance*. Stay home, wear a mask, and tell your close contacts.

If test is negative: Resume normal activities and continue to wear a mask around others.

Last day of masking around others.

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