

Now what?



Lorain County
Public Health



I was around* someone with COVID-19.

* We live together, or we were within 6 feet for a total of 15 minutes or more.



K-12 students and staff may be allowed to attend in-person school during quarantine. Contact your school for more info.

If recently vaccinated...

- Have been boosted
- Got dose #2 of Pfizer or Moderna in the last 5 months
- Got one dose of J&J in the last 2 months

OR if you had a positive COVID-19 PCR test in the last 90 days...

Then...

- Wear a mask around others for 10 days.
- Day 0 is the day you got exposed.
- Test on day 5, if possible.

If vaccinated a while ago and not boosted...

- Got dose #2 of Pfizer or Moderna over 5 months ago
- Got one dose of J&J over 2 months ago

OR if unvaccinated...

Then...

- Stay home for 5 days. Day 0 is the day you got exposed.
- Wear a mask around others for 5 more days.
- If you can't stay home, wear a mask for 10 days.
- Test on day 5, if possible.



If COVID-19 symptoms begin, stay home - whether or not you're vaccinated.

I tested positive for COVID-19. or I'm sick and waiting for test results.



Whether you've been vaccinated or not, follow these steps:

- Stay home for 5 days.
 - Call your healthcare provider to discuss symptoms and treatment options.
 - Wear a mask and stay in a separate room to keep others safe in your home.
 - Day 0 = the day symptoms began OR the day you took the positive test.
- Days 6-10:
 - No symptoms or symptoms are getting better: You may leave your home. Continue to wear a mask around others at home and in public.
 - Symptoms not improving, or still have a fever: Continue to stay home until 24 hours after your fever stops without using medication.
- Do not travel for 10 days.
 - Get current travel info at: [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)



This is a tough time.

It's normal to feel stressed while sick. It's also normal to ask for help managing stress. Call 1-800-720-9616, or Text "4HOPE" to 741 741