

## **COVID UPDATE #10 - 1/8/22, CDC RECOMMENDATIONS**

### **1. WHO IS ELIGIBLE FOR VACCINATION, 5 AND OLDER.**

- A. 5-11 YO PFIZER IS RECOMMENDED. 5-11 YO WHO ARE IMMUNOCOMPROMISED THE PFIZER BOOSTER IS RECOMMENDED.
- B. 12 & OLDER VACCINATION & THE BOOSTER IS RECOMMENDED.
- C. PREGNANT OR CONSIDERING PREGNANCY CONSIDER VACCINATION.
- D. THE VACCINE IS DESIGNED TO PREVENT SERIOUS ILLNESS, HOSPITALIZATION, ICU, & DEATH. NOT MILD VIRAL SYMPTOMS.

**2. WEAR A MASK (KN95) THAT COVERS THE MOUTH & NOSE WHENEVER IN PUBLIC.** CLOTH MASKS DON'T WORK WELL WITH OMICRON.

**3. AVOID LARGE CROWDS & POORLY VENTILATED AREAS. CONTINUE TO WASH & SANITIZE YOUR HANDS FREQUENTLY.**

**4. IF YOU FEEL SICK, VACCINATED OR UNVACCINATED, GET A RAPID TEST & BEGIN TO QUARANTINE IMMEDIATELY.** IF THE RAPID TEST IS POSITIVE, YOU HAVE COVID. IF THE TEST IS NEGATIVE, IT MAY NEED TO BE REPEATED IN 2-3 DAYS OR GET THE PCR TEST, BUT QUARANTINE YOURSELF UNTIL YOU KNOW YOUR RESULTS.

#### **A. NOTIFY YOUR CONTACTS IMMEDIATELY ABOUT YOUR STATUS.**

B. QUARANTINE FOR 10 DAYS. IN SOME CIRCUMSTANCES IF YOU ARE WITHOUT SYMPTOMS AFTER 5 DAYS YOU MAY RETURN TO WORK BUT YOU MUST WEAR A MASK FOR AN ADDITIONAL 5 DAYS. GET A TEST 5 DAYS AFTER YOUR ISOLATION ENDED.

**5. IF YOU ARE FULLY VACCINATED WITH 3 DOSES OF PFIZER OR MODERNA OR 2 DOSES OF J&J, & IF YOU HAVE BEEN EXPOSED & ARE WITHOUT SYMPTOMS, YOU DO NOT NEED TO QUARANTINE.**

**A. IF YOU HAVE NOT BEEN VACCINATED & HAVE BEEN EXPOSED, YOU NEED TO QUARANTINE IMMEDIATELY FOR 10-14 DAYS. GET A TEST ASAP & RETEST 3 DAYS AFTER AFTER YOUR QUARANTINE HAS ENDED.**

**6. CHILDREN CAN & SHOULD GO TO SCHOOL. THEY SHOULD WEAR A GOOD QUALITY MASK. THEY MAY NEED FREQUENT TESTING.**

A. IF A CHILD TESTS POSITIVE, ISOLATE IN THE HOME IN A SEPARATE ROOM, USE A SEPARATE BATHROOM, & AVOID CONTACT WITH OTHER FAMILY MEMBERS.

B. STAY HOME FOR 10-14 DAYS & RETEST 3-5 DAYS AFTER THE ISOLATION HAS ENDED.

**7. MONOCLONAL ANTIBODIES, ORAL TREATMENTS OR A PREVIOUS COVID INFECTION IS NOT A SUBSTITUTE FOR VACCINATION.**

**8. BE CONSIDERATE IN ALL THAT YOU DO SO WE CAN CONTAIN COVID.**