

COVID-19 EXPOSED NOT UP-TO-DATE ON YOUR VACCINE & BOOSTER

Guidance for the General Public



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 **5 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

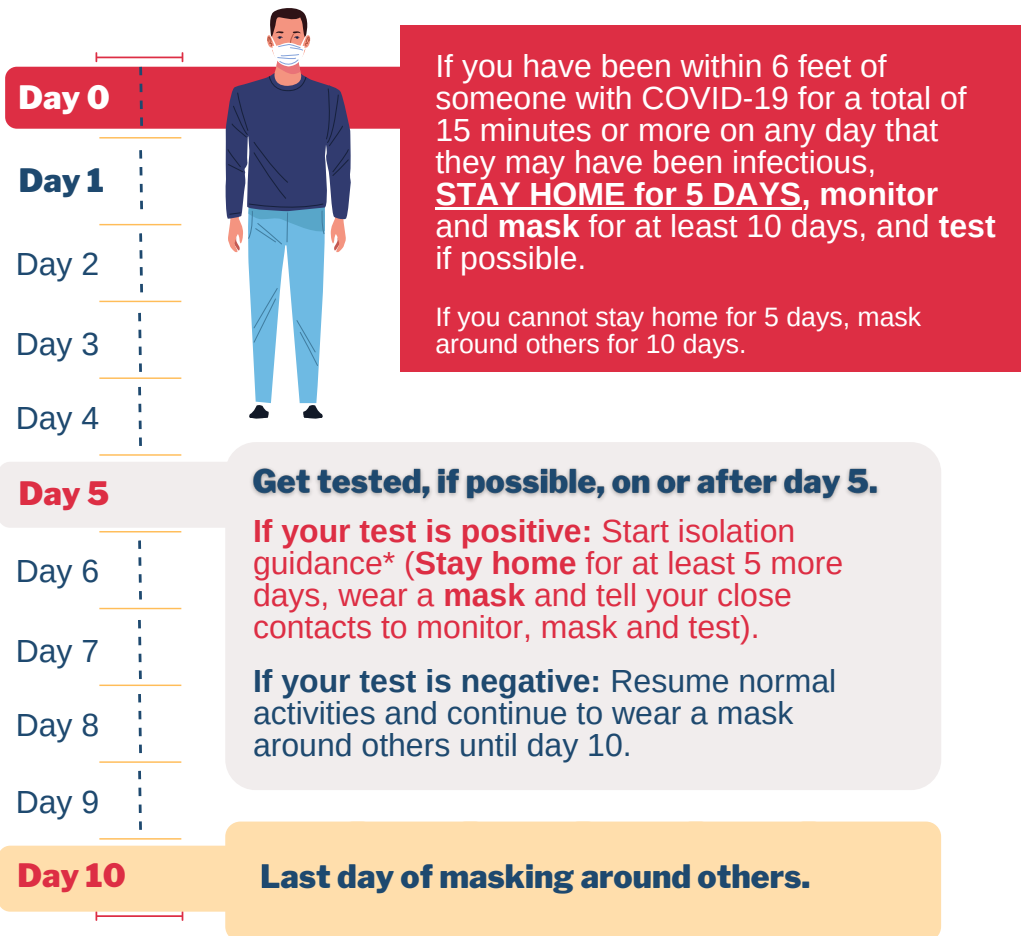
Especially if you live with someone who is not vaccinated OR is at high risk of severe disease.

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



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