

COVID-19 EXPOSED

UP-TO-DATE ON YOUR VACCINE & BOOSTER

Guidance for the General Public

You are up-to-date if you have been boosted or you have completed the primary series (both doses) of the Moderna or Pfizer vaccine within the last 5 months or you have completed the primary series (single dose) of the J&J vaccine within the last 2 months.

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"

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

WHAT TO DO: MONITOR, MASK & TEST

