

# 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 in the last 5 months
- Got dose #2 of 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 over 5 months ago
- Got dose #2 of 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.

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

- Stay home for 5 days. Day 0 = the day symptoms began OR the day the positive test was taken.
- If you have no symptoms or your symptoms are getting better after 5 days, then you can leave your house and wear a mask around others for 5 more days.
- If you continue feeling sick or your symptoms get worse, stay home and call your healthcare provider.



Guidance changes often. Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for more details.



### This is a tough time.

It's normal to feel stressed during a crisis. It's also normal to ask for help managing your stress.

Call 1-800-720-9616, or  
Text "4HOPE" to 741 741