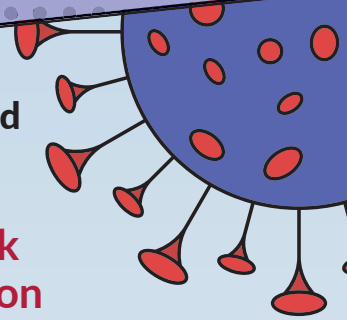


# COVID-19 Navigating Our New Normal



Were you exposed to COVID-19?

## Risk of Getting Sick After Exposure to COVID-19

**Low Risk**

**High Risk**

How long were you with an infected person?

**Minutes**  
(e.g., store clerk)

**Live or Work**  
**With the Person**

Was the infected person coughing, singing, shouting, or breathing heavily?

**No**

**Yes**

Did the infected person have symptoms?

**No**

**Yes**

Were you or the infected person wearing a respirator (e.g. N95) or high-quality mask?

**Yes, both**  
wore a mask

**Only one**  
wore a mask

**No, neither**  
wore a mask

How well-ventilated was the space?

**Outside**

**Good**  
ventilation

**Poor**  
ventilation

How close was the infected person?

**Distant**

**Moderately**  
close

**Very close**  
or touching

## Risk of Getting Very Sick From COVID-19 Infection

Some people are more likely than others to get very sick if they get COVID-19. Understanding your COVID-19 risk and the risks that might affect others can help you make decisions to protect yourself and others.

Those most at risk:



**Older Age**  
(50 and older)



**Underlying**  
Health Conditions



**Weakened**  
Immune System

## Protection From Getting Very Sick from COVID-19 Infection

Vaccination, past infection, or timely access to testing and treatment can help protect you from getting very sick if you get COVID-19.

Protection may be increased by:



**Prior COVID-19**  
Infection



**Timely Testing**  
and Treatment



**Current**  
Vaccination

Sources: Centers for Disease Control and Prevention (CDC). (2022). Understanding Exposure Risks. Accessed Nov 11, 2022. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/your-health/risks-exposure.html>. CDC. (2022). Factors That Affect Your Risk of Getting Very Sick from COVID-19. Accessed Nov 11, 2022. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/your-health/risks-getting-very-sick.html>.



# PLAN FOR COVID-19

## What should I do if I've been exposed to COVID-19?

If you were exposed to the virus that causes COVID-19 or have been told by a health care provider or public health authority that you were exposed, here are the steps that you should take, regardless of your vaccination status or if you have had a previous infection.

### Start immediately and continue for 10 full days:

- ◆ Wear a mask as soon as you find out you were exposed.
- ◆ Do not go places where you are unable to wear a mask.
- ◆ **Watch for symptoms:** fever (100.4°F or greater), cough, and shortness of breath.
- ◆ **If you develop symptoms:** Isolate immediately, get tested, and stay home until you know the result.

### Day 6: Get tested.

- ◆ If you test **negative**, continue taking precautions through day 10.
- ◆ If you test **positive**, isolate immediately.

## When should I call my provider?

Most people with COVID-19 have mild illness and can recover at home without medical care. If someone is showing any of the following emergency warning signs, seek emergency medical care (or call 911) immediately:

- ◆ Trouble breathing.
- ◆ Persistent pain or pressure in the chest.
- ◆ New confusion.
- ◆ Inability to wake or stay awake.
- ◆ Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone.

## What are my treatment options?

If you test positive for COVID-19 and are more likely to get very sick, treatments are available that can reduce your chances of hospitalization and death. **Don't delay!** To be effective, treatment must be started within days after you first develop symptoms.

The FDA has authorized certain antiviral medications and monoclonal antibodies to treat mild to moderate COVID-19 in people who are more likely to get very sick.

- ◆ **Antiviral treatments:** target specific parts of the virus to stop it from multiplying in the body, helping to prevent severe illness and death.
- ◆ **Monoclonal antibodies:** help the immune system recognize and respond more effectively to the virus.

A health care provider will help decide which treatment, if any, is right for you.

## What should I bring to my appointment?

If you require non-emergency medical care, call ahead. Many medical visits for routine care are being postponed or done by telehealth. To prepare for your appointment, whether in person or virtual, be sure to have the following on hand:

- ◆ Current medication list.
- ◆ Time since exposure to COVID-19, if known.
- ◆ Any questions or concerns you may have.

## Notes Section (for use before or during appointment)

Sources: Centers for Disease Control and Prevention (CDC). (2022). What to Do if You Were Exposed to COVID-19. Accessed Nov 11, 2022. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>. CDC. (2022). What to Do if You Are Sick. Accessed Nov 11, 2022. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>.