

If you were exposed to COVID-19 and are Up to Date* with your COVID-19 vaccine

Take steps to protect yourself and others:

- Get tested 5 or more days after the last day you were exposed to COVID-19.
- Wear a mask in indoor public settings for 10 days after your last day of exposure.
- Monitor for symptoms for 14 days following your last day of exposure.
- Consider wearing a mask at home if you live with persons who are at high-risk.

Isolate yourself if you develop symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Seek emergency medical care if you experience chest pain, blue or gray lips/finger nails, or difficulty staying awake.

*Up to date means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

Jan. 20, 2022



Kentucky Public Health

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