

COVID-19: WHAT YOU SHOULD KNOW!

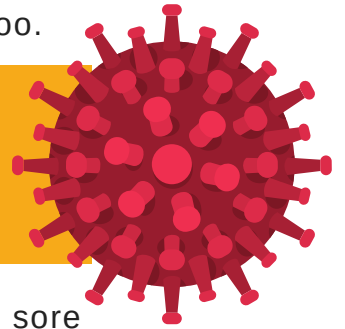


COVID-19 VACCINE

Doctors recommend the COVID-19 vaccine for everyone 5 years old and older. The vaccine is the best way to prevent serious illness, hospitalization, and death. Everyone 12 years and older needs a booster dose of the vaccine.

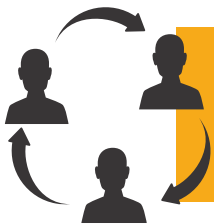
Even if you had a COVID-19 infection you should get the vaccine too.

WHEN SHOULD YOU BE TESTED FOR COVID-19?



If you have symptoms of COVID-19 like fever, chills, trouble breathing, sore throat, cough, tiredness, body aches, headache, loss of taste or smell, congestion, runny nose, nausea, vomiting, or diarrhea you should be tested.

If you were close to someone with a positive COVID-19 test you should be tested 5 days after being near that person.



WHAT TO DO IF YOU ARE POSITIVE FOR COVID-19

Stay home for at least 5 days. Most people can rest at home and take over-the-counter medicines for fever and aches. Stay away from other people and pets, or wear a mask. Drink extra liquids. Call your medical provider for questions. If you must go out, wear a mask.

End the 5 day isolation at home if you have had no fever for a day and your symptoms are getting better; or if you never had any symptoms; wear a mask for the next 5 days when out.

Tell everyone you were in close contact with before your positive test, that they might have been exposed to COVID-19 and they should be tested.



WHEN SHOULD YOU WEAR A MASK?

Face masks should be worn when the community risk level for COVID-19 is "high".

People who are at high-risk for serious infections from COVID-19 should wear masks when they are around people they don't live with. Masks for children between 2 and 5 years old should be considered when they attend preschool or daycare.

Face masks can be safely worn by children 2 years old and older.

WHY IS GOING TO SCHOOL IN-PERSON IS IMPORTANT?



Many children did not learn as well when they were taught at home during the pandemic as they do when they go to school in-person.

Schools offer much more than math, reading and writing. At school, children learn social skills like how to share, work together on a project, get along with people that are different from them, and deal with strong emotions like anger, frustration, and sadness. Families often rely on schools for healthy breakfasts and lunches, as well as safe places for children to play and get exercise. In addition to teachers, schools have speech therapists, counselors, nurses, and other staff to help students.

To keep schools safe everyone who can should have the COVID-19 vaccine. Tell the school if your child tests positive for COVID-19. Don't send your child to school sick.