

# If you were exposed to COVID-19 and are NOT FULLY VACCINATED

## Self-quarantine to protect yourself and others:

- Stay home. Do not go to work, school, or other public places. Self-quarantine for:
  - 10 full days if you have NO symptoms; or
  - 7 days if you NO symptoms and test negative on or after day 5 of quarantine. Learn more about the [CDC Quarantine Guidance](#).
- Stay away from people you live with, if possible. Consider wearing a mask at home if you live with persons who are at high risk.
- Consider vaccination when able.

## If you develop any of these symptoms, get tested:

- 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.

## If your Local Health Department calls you, tell them:

- Basic information about you
- Where you been (work, school, house of worship, etc.)
- Your medical history and vaccine information
- If you have COVID-19 symptoms and when they began
- If you need support or help call your healthcare provider

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Kentucky Public Health

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