

COVID-19 Guidance



SEDGWICK COUNTY
Health Department

AVOIDING COVID-19



Wash your hands or use sanitizer often



Avoid touching your face and eyes



Cover up sneezes and coughs



Disinfect high-touch surfaces

COVID-19 SYMPTOMS

COVID-19 can feel like a cold, allergies, or the flu and include any of the following:

- Fever or chills
- Sore Throat
- Cough
- Congestion
- Shortness of Breath
- Runny Nose
- Difficulty Breathing
- Nausea
- Fatigue
- Vomiting
- Muscle/Body Aches
- Diarrhea
- Headaches
- Loss of Taste or Smell



If you have no known COVID-19 exposures but have symptoms, you are advised to stay home until:

- At least 24 hours have passed since fever-free without using fever-reducing medicine **AND**
- Other symptoms have improved **AND**
- You have a negative COVID-19 test **OR** at least 10 days have passed since symptoms started

WERE YOU EXPOSED?

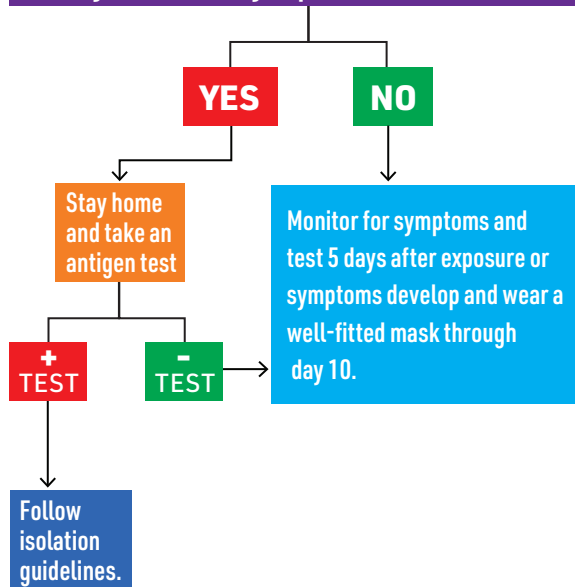
Exposure occurs when an interaction with a person with COVID-19 involves 2 or more factors:

- Extended exposure times
- Both people without masks
- Rapid breathing
- Indoors with poor ventilation
- Symptoms in the infected person
- Close contact or touching person

I WAS EXPOSED

(regardless of vaccination status)

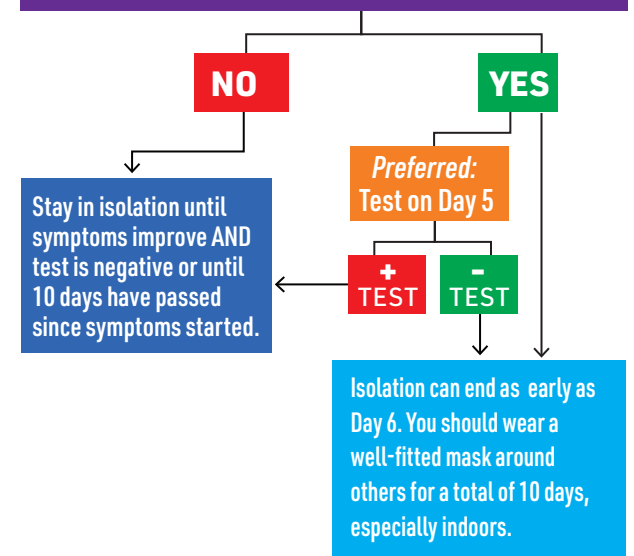
Do you have symptoms?



YOU TEST POSITIVE

Isolate when symptoms develop or after a positive test result (Day 0)

By Day 5, have symptoms improved **AND** have you been fever-free for 24 hours without fever-reducing medication?



STAY UP-TO-DATE



Individuals 5 years and older should receive one dose of 2023-2024 formula COVID-19 vaccine



Children 6 months-4 years of age should receive 1-3 doses of 2023-2024 formula COVID-19 vaccine depending on prior vaccines



Individuals with moderately or severely weakened immune systems may receive additional doses as directed by their healthcare provider