

# COVID-19 EXPOSED NOT UP-TO-DATE ON YOUR VACCINE & BOOSTER

You are **NOT** up-to-date if you are **not vaccinated**, **not fully-vaccinated**, or if you are **not boosted** and you completed both doses of the Moderna or Pfizer vaccine *more* than 6 months ago or you completed the single dose of the J&J vaccine *more* than 2 months ago.

## WATCH YOURSELF FOR SYMPTOMS OF COVID-19

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

## PROTECT OTHERS

### WEAR A MASK AROUND OTHERS FOR 10 DAYS

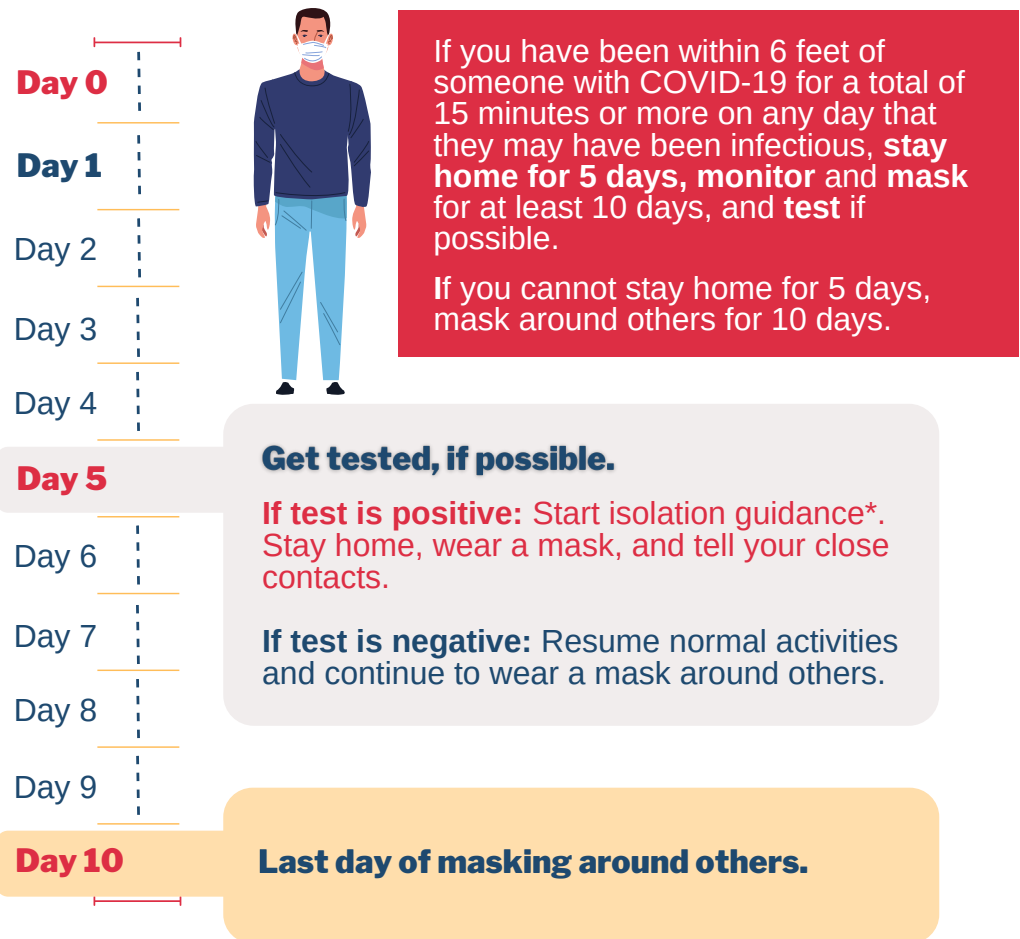
Especially if you live with someone who is not vaccinated OR is at high risk of severe disease.

### If you start to have COVID-19 symptoms...

Get a test and stay home.

\*see "Isolation Guidance"

## WHAT TO DO: STAY HOME FOR 5 DAYS



Isolation guidance and more resources at:  
[www.netracing.org](http://www.netracing.org)