



COVID-19 Exposure Post Vaccination Information



1. What should I do if I've been exposed to COVID-19 after being vaccinated?

You may need to follow quarantine/isolation protocols if exposed to a COVID-19 case or if you have symptoms of COVID-19. Please work with public health contact tracers for guidance specific to your situation. If you live with someone who has COVID-19, follow quarantine guidelines if you develop symptoms.

2. How do I know if I need to quarantine?

The CDC says you do not have to quarantine after exposure to someone with COVID-19 IF:

- It has been at least two weeks since your final COVID-19 vaccine dose.

AND

- The exposure happened at least two weeks after your final COVID-19 vaccine dose.

AND

- You are showing NO symptoms.

This also applies to someone who is living in the same household as a person who has tested positive.

3. How should I monitor for COVID-19 symptoms?

COVID-19 vaccines are effective at keeping you from getting COVID-19. However, there have been instances of breakthrough cases. A breakthrough case is when a fully vaccinated individual contracts COVID-19.

Because of this, even if you're vaccinated, we ask that you monitor yourself for symptoms to keep yourself, your friends, family, and community healthy and safe.

- Monitor yourself for a fever, cough, shortness of breath, difficulty breathing, or new loss of taste or smell.



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- Monitor yourself for 14 days after your last exposure to COVID.

4. What if I am experiencing COVID-19 symptoms?

- Stay at home and away from other people.
- **Get tested.**
 - Contact your healthcare provider immediately. Tell them you were exposed to COVID-19 and have symptoms. They can help you get tested.
 - If you don't have a healthcare provider, you can contact a local Urgent Care.
 - Or you can call Lane County Public Health at 541-682-1360 to arrange to get tested at the McKenzie Willamette drive thru testing location.
- Separate yourself from other people and animals in your home.
- Wear a face covering.
- Cover your coughs and sneezes.
- Clean your hands often.
- Avoid sharing personal household items.
- Clean all high-touch surfaces every day.
- If you are very ill, call 911, and tell them that you are at risk for COVID-19 and have developed symptoms. Your local health department and ambulance service can help arrange safe transportation for you to get treated and keep you and those you love safe.

5. Should I get tested?

If you are fully vaccinated and do not have symptoms, you do not need to get tested. If you develop any symptoms that are out of the ordinary for you, you should get tested right away.



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6.

What if I test positive?

- Isolate for at least 10 days after the onset of symptoms or the test date if asymptomatic. People who test positive should be free of fever, without the use of medication, for at least 24 hours before leaving isolation. Other symptoms must be improving as well.
- If you test positive, you should contact everyone you were in close proximity with starting two days before you began experiencing symptoms or tested positive. Close proximity means within 6 feet for at least 15 total minutes or physical contact.
- Lane County Public Health will contact you to provide information and resources.

More information:

If you have questions, please call Lane County Public Health
at

541-682-1380, 8AM - 4PM, Monday – Friday



PUBLIC HEALTH

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