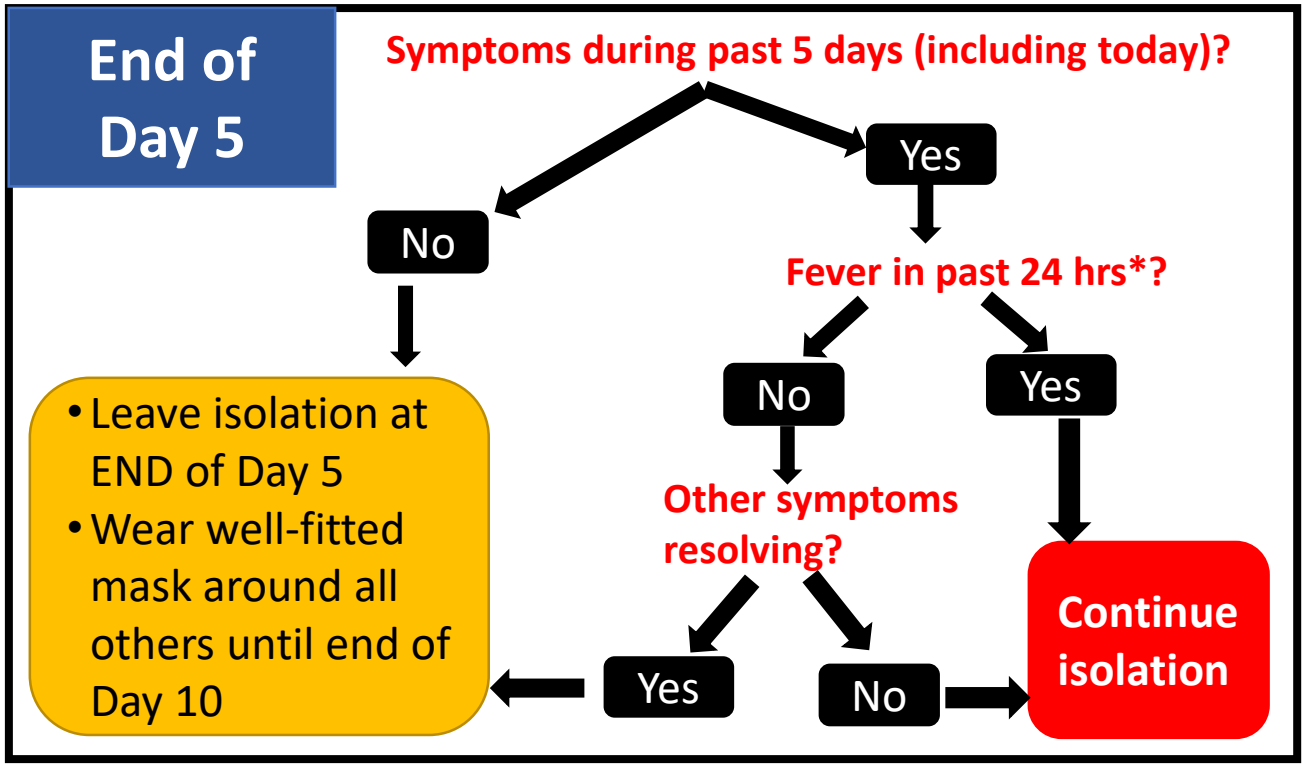
Guidance as of 12/29/2021

# If you test positive for COVID-19

## Days 1,2,3,4

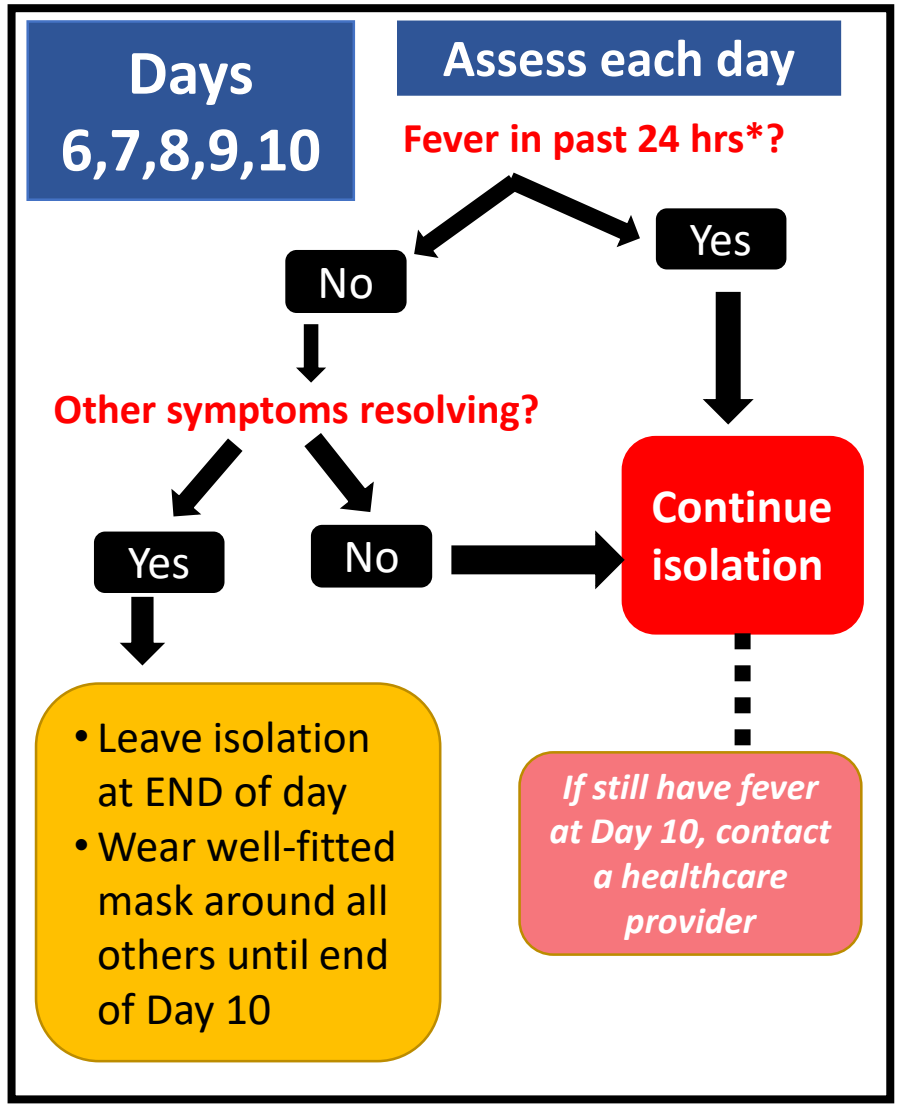
- Isolate away from all others, including those you live with
- Monitor your health
- Seek medical care if trouble breathing or other medical concern

## End of Day 5




## Days 6,7,8,9,10

**Assess each day**




*No fever-reducing medications in past 24 hrs

Guidance as of 12/29/2021

# If you are exposed to COVID-19

**Vaccinated** ≥2 weeks after 2nd shot of Pfizer/Moderna OR 1 shot of J&J

- **Yes** → **Booster** 3rd shot after Pfizer or Moderna/2nd shot after J&J (Booster does not need to match vaccination brand)
  - **Yes** → • Mask around others for 10 days after exposure • Isolate & test if develop symptoms • Test at Day 5 after exposure regardless of symptoms
  - **No** → **Time since last shot?**
    - <6 mo (Pfizer/Moderna) or <2 mo (J&J) → • Mask around others for 10 days after exposure • Isolate & test if develop symptoms • Test at Day 5 after exposure regardless of symptoms
    - ≥6 mo (Pfizer/Moderna) or ≥ 2 mo (J&J) → **QUARANTINE**
- **No** → **QUARANTINE**

**QUARANTINE**

**Days 1-5 after exposure**
- Quarantine away from others
- Isolate & test if develop symptoms
- Test at Day 5 after exposure regardless of symptoms

**Days 6-10 after exposure**
- Can leave quarantine if no symptoms days 1-5
- Wear a well-fitting mask at all times except when sleeping
- Isolate & test if develop symptoms

**If you test positive at any time, follow ISOLATION guidance. Isolation time starts on the first day you have symptoms.**

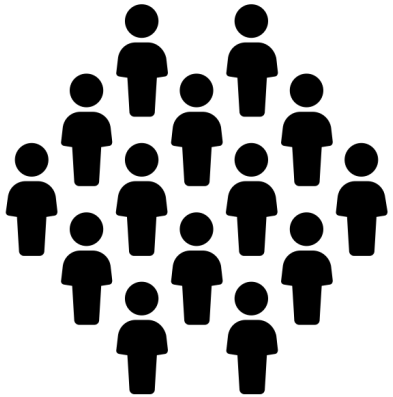
# *Vaccine effectiveness* is a relative comparison of the total number of cases between vaccinated & unvaccinated populations

So… if a vaccine is 90% effective, a population where everyone is fully vaccinated will have 90% *fewer cases* compared to a population where no one is vaccinated.

Vaccine effectiveness can be used to measure infection, hospitalization, or death. Effectiveness is not expected to be the same for all 3.

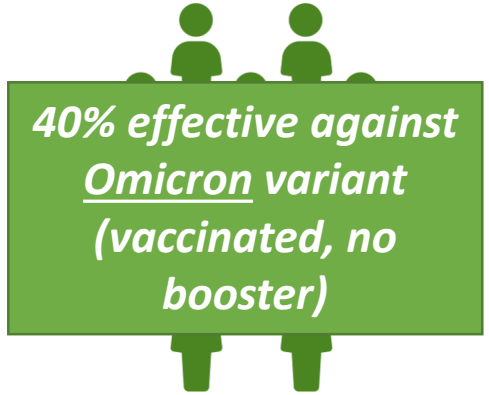
100% **unvaccinated**

100% **vaccinated**

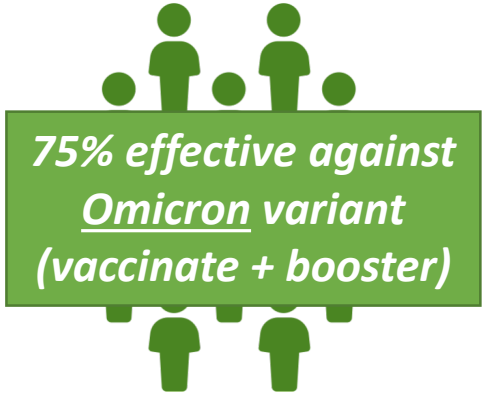


***90% effective against original variant***

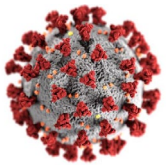
***80% effective against <u>Delta</u> variant***



***40% effective against <u>Omicron</u> variant (vaccinated, no booster)***

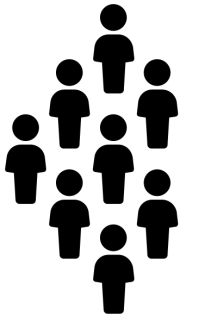


***75% effective against <u>Omicron</u> variant (vaccinate + booster)***



Infection Rate = 458.3 per 100,000 (Houghton 7-day rate 12/8/21)

Based on population of 35,684 (Houghton Co. population)



**164** cases of COVID-19

**16** cases of COVID-19

**33** cases of COVID-19

**98** cases of COVID-19

**41** cases of COVID-19

***AND** cases in vaccinated individuals are much less likely to be hospitalized or die*

Graphics by Adrien Coquet (Noun Project) and CDC PHIL. VE rates from published estimates and may vary between populations