

COVID-19 ISOLATION & VACCINE GUIDE

COVID-19 comes in waves. Careful planning and preparation are essential to maintaining low infection rates

TIPS TO LOWER YOUR RISK OF GETTING SICK AND SPREADING INFECTION:

- **Stay up-to-date on your vaccinations!** Vaccines help prevent severe illness, hospitalization, and spreading the virus to others
- Know the **symptoms, and wash your hands frequently**
- **Sanitize** shared spaces and hard surfaces often
- **Take steps for cleaner air.** This can mean bringing in fresh outside air, purifying indoor air, or gathering outdoors
- **Get tested.** Reach out to our team and get connected to tests and testing centers. Call (559) 767-1758
- Wear a **fitted mask** - Check out our mask guide here: bit.ly/BWPCMaskGuide
- **Breastfeed safely** if you have COVID-19. Read our Breastfeeding & COVID-19. guide at Blackwpc.org/breastfeeding-covid-19

ISOLATION GUIDE

HOW LONG SHOULD YOU STAY HOME?

Stay home and away from others for 24 hours after:

- Your symptoms are getting better, and
- You have not had a fever without using fever-reducing medicine

CONTINUE TO USE SAFETY PRECAUTIONS THAT REDUCE THE SPREAD OF COVID-19, EVEN AFTER YOUR ISOLATION PERIOD IS OVER



VACCINATION GUIDE

There are two types of COVID-19 vaccines in the United States: mRNA Vaccines and Protein Subunit Vaccine. Specific recommendations exist for different age groups and for people who have preexisting medical conditions. **Talk with your doctor about the best option for you.**

mRNA Vaccine	1. Moderna OR 2. Pfizer	6 months +
Protein Subunit Vaccine (available soon)	Novavax	6 months +