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Public Health
Prevent. Promote. Protect.

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Summer 2021 Covid-19 Guidance

What hasn't changed:

- Covid-19 is still around and we still have cases on LBI.
- Exposure to a positive case is still possible, causing spread to others, regardless of vaccination status.
- A person who tests positive for covid still needs to isolate away from others for 10 days, regardless of vaccination status.
- Close contacts **may** still need to quarantine, depending on vaccination status.
- The close contact definition is the same: A close contact is considered anyone that was within 6 feet of a positive case for an accumulated 15 minutes, over a 24-hour period of time, starting 48 hours before the person tested positive or developed symptoms, and up until they are starting isolating.

What has changed: The actions required if you are a close contact to a positive case:

- **Close contacts that are fully vaccinated (i.e. 2 weeks following last dose) AND have no symptoms of covid, do not need to quarantine. We would ask them to monitor for symptoms for 14 days and if any develop, to stay home and get tested.**
- For any close contacts with symptoms of covid, vaccinated or not vaccinated, they should **STAY HOME, away from others, get tested, and stay home until test results are received.****
- Unvaccinated close contacts, that are without symptoms, need to stay home, quarantine as per the guidelines attached, and get tested on day 5,6 or 7 from when they were last exposed to the positive person.**

Additionally, there are now shorter quarantine times depending on testing. See attached.

It is crucial to recognize even the mild covid symptoms that mimic colds or allergies: nasal /sinus congestion, sore throat, headache, achiness, fever, cough, nausea/vomiting, loss of taste or smell.

These symptoms can occur in vaccinated or unvaccinated people after an exposure.

Being vaccinated can give people a false sense of security, causing them to ignore the mild symptoms.

Testing is everywhere so when in doubt, get a test!

The Health Department encourages everyone to get vaccinated as soon as possible. Please call us if you need assistance with appointments or information. To find vaccine by location and manufacturer this site is great!

www.vaccine.gov Covid -19 vaccines are easily available to people 12 years and older.

Hope you all have a safe summer!

We are always here as a resource if you need any help.

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