

DHW PANDEMIC RECOMMENDATIONS

What you should know

TESTING

Rapid tests that are available for purchase locally may be hard to find. Consider ordering some online to have on hand when needed. Results are typically available in 30 minutes or less. Free, at-home COVID-19 tests are available from the federal government at <https://www.covidtests.gov/>.

PCR tests are widely available at healthcare providers and pharmacies, but results take longer.

Contact your local urgent care clinic or pharmacy to get a testing appointment.

Testing is important to help reduce the spread of COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/testing/index.html>

VACCINATIONS AND BOOSTERS

Everyone 5 and older should get a COVID-19 vaccination. Everyone who is eligible and 12 and older should get a booster dose. It continues to be true, even in the Omicron surge, that those who are vaccinated are much less likely to go to the hospital or suffer from severe illness.

Vaccines are safe, effective, and free: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

VACCINATIONS FOR CHILDREN

Vaccinations are safe and available for children 5 years old and older. If you have concerns about the vaccines, talk to your child's doctor.

Vaccines for children and teens: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html>

MONOCLONAL ANTIBODIES AND ANTIVIRAL MEDICATIONS

If you are diagnosed with COVID-19, talk to your doctor to see if one of these are a good treatment option for you. You need a doctor's referral for any of these treatments. If you are immunocompromised, ask your doctor if a preventive monoclonal antibody shot would be helpful to you.

Therapeutics authorized by the FDA: https://coronavirus.idaho.gov/wp-content/uploads/2022/01/COVID-19_Therapeutics-at-a-Glance_Patients_20220113_FINAL.pdf

ISOLATION AND QUARANTINE

In general, if you have been exposed or are having symptoms of a respiratory illness, do whatever you can to avoid making others sick. Stay home if you're sick. If you are unable to stay home, wear a quality mask in public places, and possibly even in your home to prevent your loved ones from getting sick.

More details about isolation and quarantine are available at <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

PEOPLE AT HIGHER RISK

Some people are more likely than others to become severely ill. These people include older people, those with medical conditions (e.g., diabetes, obesity, immune compromised, etc), and pregnant and recently pregnant women. People at increased risk, and those who live or visit with them, need to take precautions to protect themselves from COVID-19.

Information for specific groups of people: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>



DHW

PANDEMIC RECOMMENDATIONS

Things to do everyday

MASKS

Everyone should wear a quality mask in public places. All masks offer some protection against the virus. Certain types of masks may provide more protection than others.

Your guide to masks: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

PHYSICAL DISTANCE

Keep at least six feet between you and others in public as much as possible.

If you test positive or have been exposed, you should keep at least six feet between you and other members of your household and wear a mask.

How to protect yourself and others: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

STAY HOME IF YOU'RE SICK

If you have any symptoms of respiratory illness (coughing, runny nose, congestion), stay home until you feel better to avoid making others sick.

How to protect yourself and others: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

WASH OR SANITIZE YOUR HANDS OFTEN

Wash or sanitize your hands often, especially after using the bathroom, before you eat, and when you get home after being in public.

How to protect yourself and others: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



DHW

PANDEMIC RECOMMENDATIONS

Where to get information

- [Idaho's COVID-19 website](#)
- [CDC COVID-19 website](#)
- [About COVID-19 in Idaho](#)
- **Find COVID-19 and flu vaccines/boosters near you:** Use [vaccines.gov](#) to find a location near you, then call or visit their website to make an appointment.
- **Vaccine eligibility:** All Idahoans ages 5 and older are eligible to receive the Pfizer COVID-19 vaccine. Those 18 and older can receive the Moderna vaccine.
- **Booster doses:** The Centers for Disease Control and Prevention recommends that everyone who is vaccinated and eligible should get a booster dose of the COVID-19 vaccine. [See more details about the CDC's booster recommendations.](#)
- **How to get a copy of your vaccination record:** Contact a healthcare provider or pharmacy.
- [DHW Voice blog](#)
- [Where and when to get your vaccination](#)
- [Counseling assistance for frontline workers](#) is available.
- Recordings of our media briefings are available under the [vaccine tab at coronavirus.idaho.gov](#).
- Follow the Department of Health and Welfare on [Twitter](#), [Facebook](#), and [Instagram](#) for daily updates and information you can trust.

