DHW
PANDEMIC RECOMMENDATIONS

What you should know

TESTING
At-home rapid tests offer results in 15 to 30 minutes. Rapid antigen tests are available for purchase online and in many retail locations. They may also be available for free through your health insurance.

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

To find a test site near you, visit https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html or contact your local urgent care clinic or pharmacy to get an 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 over 6 months old should get a COVID-19 vaccination. Everyone who is eligible and 5 and older should get a booster dose. Those 50 and older (and some people 12 years and older who are immunocompromised) should get a second booster. It continues to be true 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 6 months 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

TREATMENT
If you are diagnosed with covid-19 and have factors that put you at higher risk of more severe illness, talk to your doctor to see if you are eligible for treatment. Oral antiviral medications are widely available. There are options for intravenous (iv) medications if you cannot take an oral antiviral. 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 PRECAUTIONS
In general, if you have been exposed to someone with COVID-19 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 high-quality mask in public places. Try to keep your distance from others in your home to prevent them from getting sick.

More details about isolation and precautions 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 high-quality mask in public places when disease spread is medium or high according to CDC guidelines. Depending on individual risk, some may want to wear a mask in other situations as well. 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/masks.html

PHYSICAL DISTANCE

Small particles that people breathe out can contain virus. The closer you are to a greater number of people, the more likely you are to be exposed to the virus that causes COVID-19.

There are many things you can do to protect yourself and others every day: 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

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Where to get information

- [Find a testing location near you](#)

- [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 6 months and older are eligible to receive the Pfizer or Moderna COVID-19 vaccines. Those 12 and older are eligible for the Novavax 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 or download and use the Docket app. [More information about Docket](#).

- [DHW Voice blog](#)

- [Where and when to get your vaccination](#)

- [Counseling assistance for frontline workers](#) is available.

- Follow the Department of Health and Welfare on [Twitter](#), [Facebook](#), and [Instagram](#) for daily updates and information you can trust.

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