COVID-19 FAQs

1. I tested positive for COVID-19, what should I do?
   a. Immediately go home if you are not already there regardless of vaccination status (includes fully vaccinated with a booster, fully vaccinated without a booster, partially vaccinated/unvaccinated). Isolate at home for 5 days. You can come out of self-isolation if you have no symptoms or your symptoms have subsided after 5 days, AND you have not had a fever for 24 hours. Continue to wear a mask around others for 5 additional days. If your symptoms persist for more than 10 days, contact your Primary Care Provider.

2. I was exposed (close contact) to someone that tested positive for COVID-19, what should I do?
   a. If you:
      • Are fully vaccinated and received your COVID-19 booster or;
      • Completed the primary series of Pfizer or Moderna within the last 5 months or;
      • Completed the primary series of Johnson & Johnson vaccine within the last 2 months.

      You do not need to self-quarantine if exposed to COVID-19. Wear a mask around others for 10 days. If possible, test on day 5 from the date of your most recent exposure at your nearest test site. If you develop symptoms, please contact your local healthcare facility to seek medical advice.

   b. If you:
      • Completed the primary series of Pfizer or Moderna vaccines over 5 months ago and you are not boosted or;
      • Completed the primary series of Johnson & Johnson over 2 months ago and you are not boosted or;
      • Are unvaccinated.

      You need to self-quarantine for 5 days. Continue to wear a mask around others for 5 additional days. If you cannot self-quarantine, you must wear a mask for 10 days. If possible, test on day 5 from the date of your most recent exposure at your nearest test site. If you develop symptoms, please contact your local healthcare facility to seek medical advice.

3. What do you consider a ‘close contact’?
   a. A close contact is defined as being within 6 feet of someone who is COVID-19 positive for a total of 15 minutes or more within a 48-hour period. If you live in the same household as someone with COVID-19, you are considered a close contact.
4. If I am a close contact, what type of test is the best test?
   a. PCR tests (polymerase-chain reaction) are the standard for COVID-19 testing. Rapid tests are not as reliable. PCR test results are final.

5. If I develop symptoms, when should I test and with what type of test?
   a. Talk to your Primary Care Provider and test as soon as symptoms develop after an exposure to COVID-19. PCR tests are the standard but you can get any approved COVID-19 test and be confident in the results.

6. If I do not develop symptoms, when should I test, and with what type of test?
   a. We recommend to test on day 5 from the date of your most recent exposure at your nearest test site or with an at-home test.

7. What does it mean to be Fully Vaccinated?
   a. ‘Fully-vaccinated’ means having completed the primary series for your vaccine.
      i. Pfizer and Moderna – 2 weeks after the 2nd dose
      ii. Johnson & Johnson – 2 weeks after 1st dose
   b. Booster doses are recommended but not included in the definition of ‘fully-vaccinated’. This may change in the future.

8. Where can I get a COVID-19 test in the Jemez Pueblo area?
   a. Jemez Health and Human Services (JHHS) offers testing by appointment for symptomatic or exposed individuals. (Call 575-834-7413 to make an appointment.) Community testing takes place regularly near the Walatowa Youth Center. Please refer to JHHS Response Team social media accounts, emails, and/or checkpoints for times and dates of testing.

9. Where can I get a COVID-19 vaccine in the Jemez Pueblo area?
   a. Jemez Health and Human Services (JHHS) offers COVID-19 vaccine clinics regularly. Please refer to JHHS Response Team social media accounts, emails, and/or checkpoints for time, date, and location of testing. Time, date, and location are subject to change.

10. My child was exposed at school, do we all need to quarantine in the household?
    a. Only the child who was directly exposed will need to quarantine if NOT fully vaccinated. If fully vaccinated, please follow quarantine procedures for fully vaccinated individuals on Question #2. The household members, who are not directly exposed to a person with COVID-19, do not have to quarantine unless the child becomes COVID-19 positive.

11. When should I do a rapid or at-home test?
    a. If you develop symptoms of COVID-19.
12. What are the symptoms of COVID-19?
   a. COVID-19 has a wide range of symptoms that usually start 2-14 days after exposure to the virus. Symptoms include:
      - Fever or chills or feeling feverish
      - Cough
      - Shortness of breath or difficulty breathing
      - Fatigue
      - Muscle or body aches
      - Headache
      - New loss of taste or smell
      - Sore throat
      - Congestion or runny nose
      - Nausea or vomiting
      - Diarrhea or abdominal pain
   b. CALL 911 immediately if you or someone you know is showing any of the following:
      - Trouble breathing or shortness of breath
      - Persistent pain or pressure in the chest
      - New confusion or passes out
      - Inability to wake or stay awake
      - Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

13. What types of rapid tests are available at JHHS?
   a. Abbott ID Now, QuickVue and Ellume, however, this could change. The JHHS nurse or medical provider will choose the best test based on your symptoms and history.

14. What is the after-hours JHHS medical line?
   a. (505) 309-2937

15. When should I re-test if I have recently tested positive for COVID-19?
   a. You should retest after testing positive for COVID-19 ONLY when new symptoms develop following an exposure. If new symptoms DO NOT develop, refrain from testing for 90 days after testing positive for COVID-19.

16. Can I test positive if I am fully vaccinated and have my booster?
   a. Vaccines DO NOT offer 100% immunity to a disease. The major benefit of the vaccine is that it protects us from severe illness, hospitalizations, or death.

17. If I test positive, when will Public Health contact me?
   a. Public Health will contact you within 24-48 hours of your positive test result. This may fluctuate based on weekends, holidays, and/or the number of cases in the Jemez community.