

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.*

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- 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.

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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.