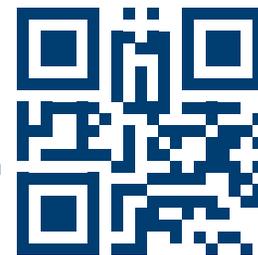


MY COVID-19 PLAN

Make a personal COVID-19 plan **before you get sick** and store it in a memorable location.
TIP: *fill this out and take a photo with your phone.*

- Treatments are available for people who are at high risk of getting very sick from COVID-19. Nearly two thirds of people in North Carolina are high risk. That includes people over 50 or living with chronic conditions like diabetes or asthma. Don't rule yourself out! **Talk to a health care provider about treatment eligibility *before you test positive*.**
- Learn more about factors that affect your risk of getting very sick from COVID-19: bit.ly/3G9Jvg4



I HAVE SYMPTOMS

DATE SYMPTOMS STARTED:

Get tested right away

TIP: *Always keep several at-home tests on hand so you're prepared. Store them in a temperature-controlled location like a kitchen cabinet or pantry. Be sure to check expiration date! Some were extended, learn more at bit.ly/3vTF3ML*

Examples:

- Fever or chills
- 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

If you test negative, take everyday preventive actions to stop the spread of germs. Seek medical care right away if symptoms include trouble breathing, persistent chest pain or pressure, pale, gray or blue colored skin, lips or nail-beds, you are unable to stay awake or notice any other warning signs.



I TESTED POSITIVE

DATE OF POSITIVE TEST:

Call a health care provider to see if you are eligible for treatment

TIP: *Don't have a healthcare provider, reach out to your local community health center. To find one: findahealthcenter.hrsa.gov*

Isolate at home for at least 5 days and until you are fever free for 24 hours without fever-reducing medication

Tell people you have had contact with 48 hours before your symptoms began (or 48 hours prior to your positive test if you do not have symptoms) that they may have been exposed

Wear a high-quality mask for 10 full days in public and around others

Monitor symptoms

I WAS EXPOSED COVID-19



DATE OF EXPOSURE:

Get tested at least 5 days after you were exposed.

TIP: *Always keep several at-home tests on hand so you're prepared. Store them in a temperature-controlled location like a kitchen cabinet or pantry. Be sure to check expiration date! Some were extended, learn more at bit.ly/3vTF3ML*

Watch for symptoms for 10 days

Wear a high-quality mask for 10 full days in public and around others

Need help connecting to food, transportation or other resources? Call or text 211.

COVID-19 questions? Visit MySpot.nc.gov to find testing, treatment or vaccines near you or call 800-232-4636 (TTY 888-232-6348).

IMPORTANT INFORMATION:

My health care provider (name & address):

(Don't have a healthcare provider, reach out to your local community health center.

To Find one: findahealthcenter.hrsa.gov)

Phone #: _____

How to contact my provider after hours: _____

My pharmacy (name & address):

Pharmacy Phone #: _____

My local health department (name & address):

(Not sure: visit ncdhhs.gov/LHD to find yours)

Phone #: _____

MY COVID-19 VACCINATIONS

Name of vaccine: _____

Where I got my COVID-19 vaccinations: _____

Date(s) of primary series (one or two shots): _____

Dates and type of booster(s): _____

MY EMERGENCY CONTACTS

Emergency Contact #1 (name & phone #):

Emergency Contact #2 (name & phone #):

Emergency Contact #3 (name & phone #):

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