



Housatonic Valley Health District

COVID-19 RECOMMENDATIONS: BUSINESSES & MUNICIPALITIES

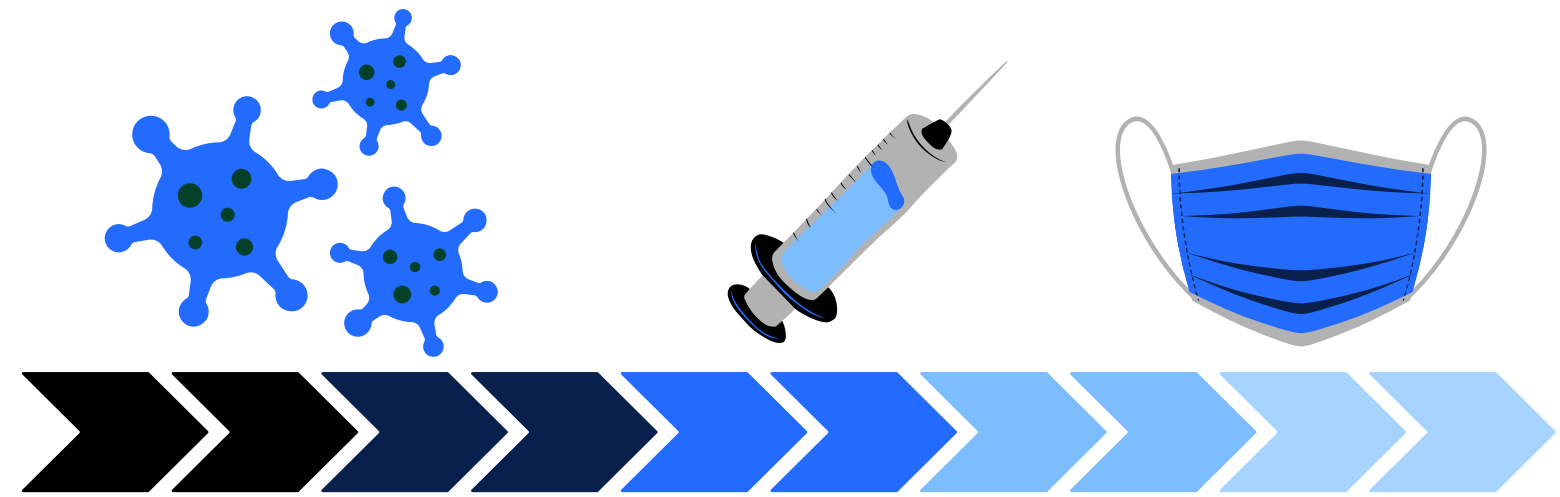
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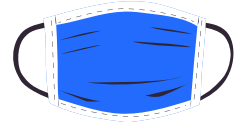


HOUSATONIC VALLEY HEALTH DISTRICT

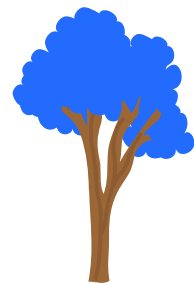


COVID-19 Recommendations

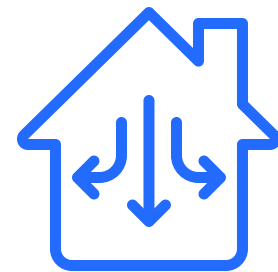
HVHD acknowledges the effectiveness of mask wearing as a way to mitigate the spread of COVID-19.
We respect individuals and businesses choices to unmask.



Wear a well-fitting mask when in crowded groups.



Spend time socializing outside with people who you don't live with, when possible.



Good ventilation can reduce the spread of COVID-19 and lower the risk of exposure.

Enhanced cleaning and disinfection is also recommended.

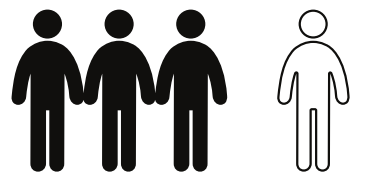
Plan activities to take place **outside** as much as possible.



Get tested if you are experiencing COVID-19 symptoms or have been notified of higher-risk close contact exposure (e.g. household exposures, crowded social gatherings).



Practice **proper hygiene** (wash hands regularly, cover your mouth/nose when coughing and sneezing) and stay home if you are not feel well.



Self-isolate for **5 days** if you test positive for COVID-19 & wear a mask around others for an additional 5 days.

Self-isolate for **10 days** if you are under the age of 3 or unable to wear a mask.

HOUSATONIC VALLEY HEALTH DISTRICT



COVID-19 Recommendations

What Prevention Steps Should You Take Based on Your COVID-19 Community Level?



Stay informed.
Check the CDC's Community
Level and recommendations
frequently.

Low	Medium	High
<ul style="list-style-type: none">Stay up to date with COVID-19 vaccinesGet tested if you have symptoms	<ul style="list-style-type: none">If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautionsStay up to date with COVID-19 vaccinesGet tested if you have symptoms	<ul style="list-style-type: none">Wear a mask indoors in publicStay up to date with COVID-19 vaccinesGet tested if you have symptomsAdditional precautions may be needed for people at high risk for severe illness

People may choose to mask at any time. People with [symptoms, a positive test, or exposure](#) to someone with COVID-19 should wear a mask. Masks are recommended in indoor public transportation settings and may be required in other places by local or state authorities.

Source: [CDC COVID-19 by County](#), Retrieved July 18, 2022

COVID-19 Vaccine Eligibility

	Pfizer	Moderna	Johnson & Johnson
Ages 18+	Primary Series: <ul style="list-style-type: none"> 2 doses; 3-8 weeks apart Booster: <ul style="list-style-type: none"> 1 Bivalent booster; 2 months after the final dose in the primary series 	Primary Series: <ul style="list-style-type: none"> 2 doses; 4-8 weeks apart Booster: <ul style="list-style-type: none"> 1 Bivalent booster; 2 months after the final dose in the primary series 	Primary Series: <ul style="list-style-type: none"> 1 dose Booster: <ul style="list-style-type: none"> 1 booster; 2 months after the final dose in the primary series Anyone who received J&J may receive a 2nd dose of Pfizer or Moderna at least 4 months after their 1st booster Ages 50+ can choose to receive a 2nd booster
Ages 12 – 17 years	Primary Series: <ul style="list-style-type: none"> 2 doses; 3-8 weeks apart Booster: <ul style="list-style-type: none"> 1 Bivalent booster; 2 months after the final dose in the primary series 	Primary Series: (ages 6 mo. – 5 yrs) <ul style="list-style-type: none"> 2 doses <ul style="list-style-type: none"> 4 – 8 weeks apart Booster: <ul style="list-style-type: none"> Not yet authorized 	N/A
Ages 5 – 11 years	Primary Series: <ul style="list-style-type: none"> 2 doses; 3 – 8 weeks apart Booster: <ul style="list-style-type: none"> 1 Monovalent booster; 5 months after the final dose in the primary series 	Primary Series: (ages 6 mo. – 5 yrs) <ul style="list-style-type: none"> 2 doses <ul style="list-style-type: none"> 4 – 8 weeks apart Booster: <ul style="list-style-type: none"> Not yet authorized 	N/A
Ages 6 months – 5 years	Primary Series: (ages 6 mo. – 4 yrs) <ul style="list-style-type: none"> 2 doses <ul style="list-style-type: none"> 3- 8 weeks apart between 1st & 2nd dose At least 8 weeks between 2nd & 3rd dose Booster: <ul style="list-style-type: none"> 1 Bivalent booster; 8 weeks after second monovalent primary series dose. 	Primary Series: (ages 6 mo. – 5 yrs) <ul style="list-style-type: none"> 2 doses <ul style="list-style-type: none"> 4 – 8 weeks apart Booster: <ul style="list-style-type: none"> 1 Bivalent booster; 2 months after the final dose in the primary series 	N/A

Definitions:

- Primary series = 2 – 3 doses of Pfizer & Moderna; 1 dose of J&J
- Booster = additional dose
- Up to date = you have received all doses in the primary series and booster when eligible.
- Fully vaccinated = 2 weeks after final dose in primary series
- Monovalent = only 1 antigen in a vaccine
- Bivalent = a vaccine that works by stimulating an immune response against 2 different antigens (i.e. omicron BA.4 and BA.5)

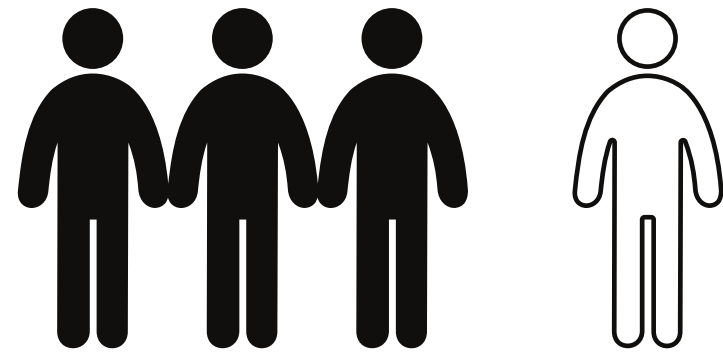
Schedule an appt:



<https://hvhd.us/covid-19/vaccinations/>

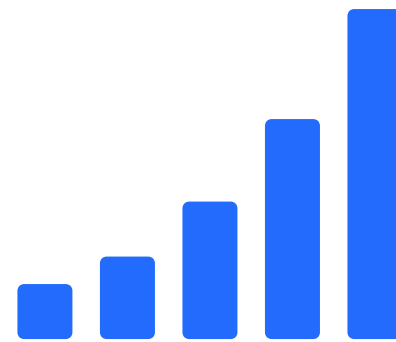


DEFINITIONS



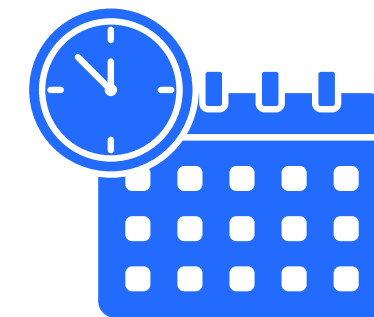
Isolation

Keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



Community Level

COVID-19 Community Levels help individuals and communities decide which prevention actions to take based on the latest information and communities are classified as low, medium, or high.



Isolation Day Counts:

Day 0 = the day you were tested

Day 1 = the first full day following the day you were tested

*If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset

Exposure Day Counts:

Day 0 = the day of your last exposure to someone with COVID-19

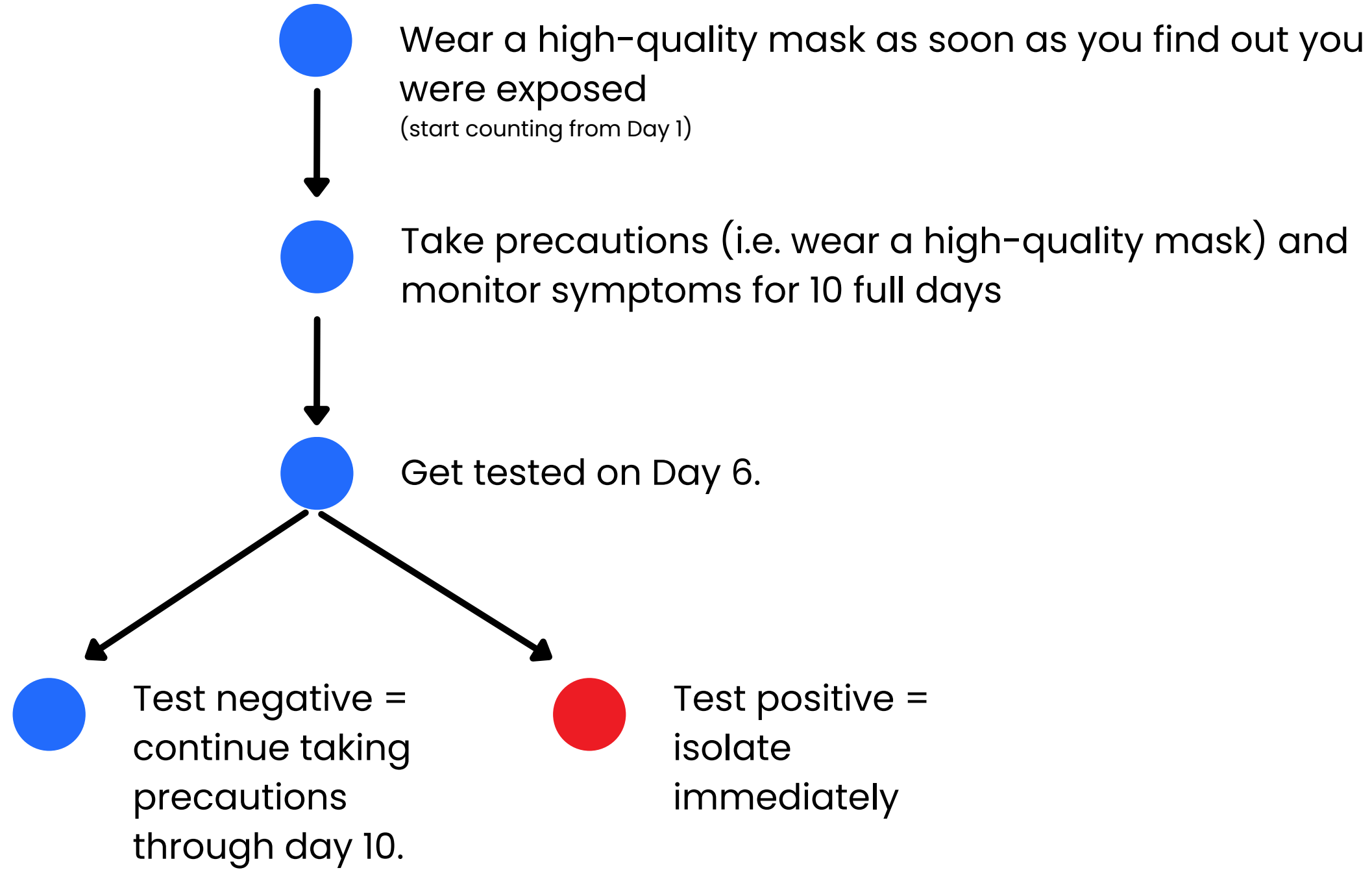
Day 1 = the first full day after your last exposure

COVID-19 EXPOSURE RECOMMENDATIONS

Source: [CDC: What to Do If You Were Exposed to COVID-19 \(updated August 11, 2022\)](#).



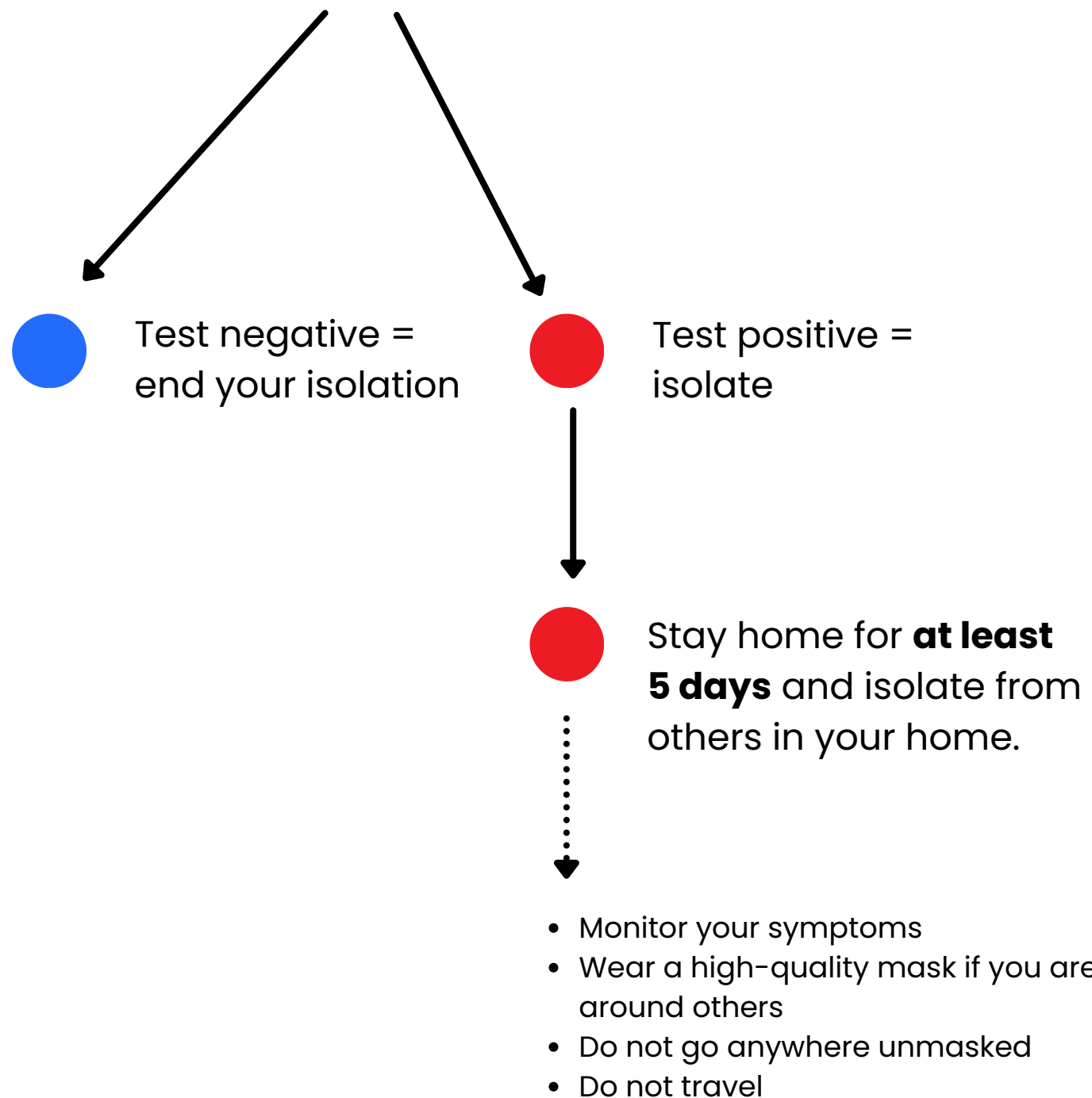
Key:
Day 0 = the day of your last exposure
Day 1 = first full day after your last exposure



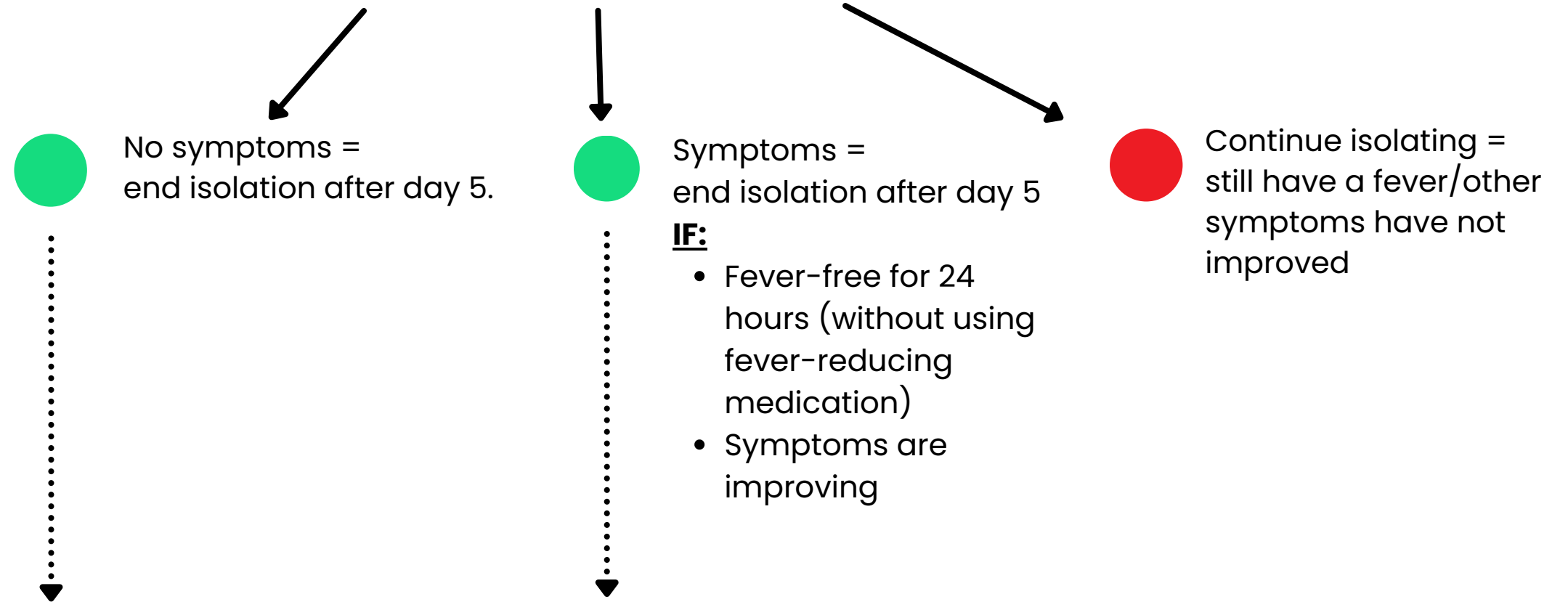
ISOLATION: WHEN TO ISOLATE & WHEN TO END ISOLATION

Source: [CDC Isolation and Precautions for People with COVID-19 \(updated August 11, 2022\)](#).

WHEN TO ISOLATE:



WHEN TO END ISOLATION:



Wear a mask around others through **day 10**

OR




With **two** sequential negative tests **48 hours apart**, you may remove your mask sooner than day 10.

***If your antigen test results are positive, continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests at least 48 hours apart until you have two sequential negative results.**



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