WARREN COUNTY HEALTH DISTRICT

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Media Advisory

FOR IMMEDIATE RELEASE

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CDC Changes to COVID-19 Guidance

Today, August 11, 2022, the Centers for Disease Control and Prevention (CDC) has announced new changes to COVID-19 guidance.

The changes are as follows:

- o Recommending that instead of quarantining if you were exposed to COVID-19, you wear a high-quality mask for 10 days, and test on day 5 or earlier if you develop symptoms.
- o If you test positive for COVID-19, stay home for 5 days and isolate from others in your home. If after five days, you are fever free without the use of medication, and all symptoms are improving, you can end isolation, but be sure to wear a high-quality mask through day 10.
- o Avoid contact with persons at risk for severe illness.
- o If you have moderate illness (experiencing shortness of breath or had difficulty breathing) or severe illness (illness requiring hospitalization) due to COVID-19, or have a weakened immune system, you need to isolate through day 10.
- o If after leaving isolation your COVID-19 symptoms worsen, restart isolation at day 0.

It is also important for citizens to be aware of their county's COVID-19 Community Level. If your county COVID-19 community level is "medium" and you are at risk for severe disease, consider wearing a mask around others. If your county COVID-19 community level is "high" everyone should consider wearing a mask indoors in public. At any community level, stay up to date on COVID-19 vaccinations. As of August 11, 2022, Warren County is considered to have a high COVID-19 Community Level. To check a county's COVID-19 Community Level, please visit cdc.gov.

As with all your vaccines, it is essential to be up to date on COVID-19 vaccination to protect individuals against serious illness, hospitalization, and death. If you need to get vaccinated against COVID-19, please visit https://gettheshot.coronavirus.ohio.gov/ or call 513-695-7468 to schedule an appointment. COVID-19 tests can be ordered online at COVID.gov. At home COVID-19 tests are also available at the Warren County Health District atno cost to Warren County residents. If interested in getting home COVID-19 self tests,call 513-695-1228.If you test positive with an at home COVID-19 self test, please report it on our website, https://warrenchd.com/about/contact-us/covid-test-reporting-form, or call 513-695-2097.

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