

## COVID-19 GUIDANCE AS THE U.S. MOVES TO AN ENDEMIC PHASE

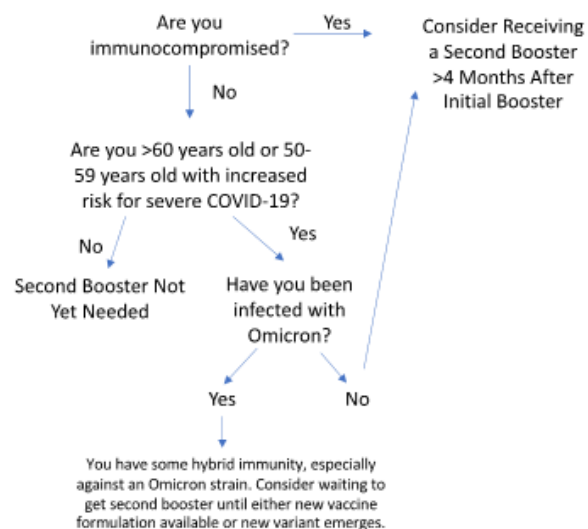
# WHAT YOU SHOULD DO NOW TO STAY PROTECTED

The mission of Trivedi Consults is to provide tailored education, guidance and advice to reduce the development and spread of infections. We meet the needs of a variety of organizations including hospitals, healthcare and non-healthcare organizations and companies. As an independent contractor, our consulting uses evidence-based guidance to build practical implementation strategies based on local resources.

## Stay Up to Date

- Stay [up to date](#) with COVID-19 vaccines. See chart below for guidance on determining when a second booster dose of the COVID-19 vaccine is recommended. New [research](#) indicates that mixing and matching the vaccine you receive (e.g., Moderna vs. Pfizer or JNJ) could enhance your body's immune response.
- **Watch for [COVID-19 symptoms](#)** including sore throat, GI discomfort and loss of smell or taste, get tested if you develop symptoms no matter how mild, and stay isolated while you await results; testing on day 3-5 after symptom onset is most sensitive.
- **Use rapid antigen tests** if you have symptoms, are exposed to someone with COVID-19 or if you are going to an event or will be around someone at increased risk for severe COVID-19. Many tests should be repeated 24-48 hours later if the first test is negative. Testing 3-5 days after exposure is also most sensitive.
- **Wear a mask** in certain situations including after exposure on airplanes, public transportation or in all indoor settings if your [COVID-19 Community Level](#) is high. Consider testing 3-5 days after any travel exposures.

### How to Decide Whether to Receive a Second Booster<sup>1</sup> of the COVID-19 Vaccine?



<sup>1</sup> If you have not completed a primary series of a vaccine or have not yet received your first booster dose, you are overdue and should receive the primary series or first booster as soon as possible.



- If you are going to be visiting someone who is at increased risk for severe COVID-19, **take additional precautions** such as limiting your potential for exposures and wearing a mask for one week prior to the visit, consider testing on the morning of the visit, and be **up-to-date** with the COVID-19 vaccine and boosters two weeks before travel.
- **Prepare for the next surge.** Unfortunately, vaccination rates are too low to prevent future surges and the virus is likely to mutate significantly. In the interim, take the following steps:
  - » Stock up on high-quality face coverings such as N-95s, KF-94s, and rapid at-home antigen tests.
  - » Catch up on preventive health visits, screenings, and vaccinations.
  - » Plan for where you would obtain a COVID-19 PCR test if/when needed. [Find a test to treat location.](#)
  - » Plan for how you would access oral antivirals if you tested positive for COVID-19. Two oral antivirals, Paxlovid and Lagevrio, are now available that are quite effective at preventing severe COVID-19, but to be effective, they must be initiated within 5 days of testing positive. Clinical trials of [Paxlovid](#) showed no deaths if the medication is taken within 3-5 days. In addition, persons infected with COVID-19 are almost [9x more likely](#) to be hospitalized if they did not take Paxlovid. Use the below to determine if you could benefit and qualify for oral antiviral treatment. If yes, [find a location here.](#)

## Determine Whether You Could Be Eligible for COVID-19 Oral Antivirals

- ✓ Have you tested positive for COVID-19?
- ✓ Have your symptoms started within the last 5 days?
- ✓ Are you at least 12 years of age and weigh at least 88 pounds for Paxlovid, or are you at least 18 years of age for Lagevrio?
- ✓ Are you at high risk for serious COVID-19 because you meet one of the following criteria:
  - » Aged >65 years
  - » Obese or overweight
  - » Pregnant
  - » Chronic kidney disease
  - » Diabetes
  - » Heart or circulatory condition such as hypertension or coronary artery disease
  - » Lung diseases such as COPD or asthma
  - » Other [medical conditions](#) that place you at high risk.
  - » Other condition or treatment that weakens the immune system

If you meet all four check boxes, then you are eligible for oral antivirals, which can reduce your risk of hospitalization from COVID-19 by [30% for Lagevrio](#) and by [88% for Paxlovid](#).