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**COVID-19 Business Update**

**November 22, 2021**

***Safer ways to celebrate the holidays…***

* Consider getting tested ahead of traveling or hosting/attending a gathering.
* If you’re unvaccinated, consider getting vaccinated. [Click here](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/How-Do-I-Get-a-COVID-19-Vaccine.html) to find a COVID-19 vaccine location near you.
	+ Get your booster shot, if you have not already done so.
* Wear well-fitting masks over your nose and mouth if you are in public indoor settings if you are not fully vaccinated.
	+ Even those who are fully vaccinated should wear a mask in public indoor settings in communities with substantial to high transmission.
* Outdoors is safer than indoors.
	+ Avoid crowded, poorly ventilated spaces
* **If you are sick or have symptoms, don’t host or attend or attend a gathering**
* [Click here](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/celebrations.html) for additional tips for safer ways to celebrate the holidays

***We’re here to help***

The Health Education team is available upon request to provide brief informational presentations related to COVID-19. For more information, or to submit a presentation request, email healthed@randolphcountync.gov. Please allow 7 business days’ notice for presentation request.

***UPDATE: COVID-19 Booster Shots are available for individuals 18 years of age and older (Pfizer & Moderna)***

RCPH is scheduling appointments for Pfizer & Modernavaccine booster shots. Booster shots are available for recipients who completed their initial series at least 6 months ago. ***Appointments are required* and can be made by calling *336-365-6110.***

***Tool Attached***

Encourage employees to get tested 1-3 days before traveling and/or attending gatherings/celebrations. See attached flyer for updated testing sites. Please note, you can also visit [Find My Testing Place](https://covid19.ncdhhs.gov/about-covid-19/testing/find-my-testing-place) to find the closest no-cost or low-cost testing site near you.

***FAQ: If I’m traveling domestically, what are the CDC recommendations after returning home?***

You might have been exposed to COVID-19 on your travels. You might feel well and not have any symptoms, but you can still be infected and spread the virus to others. People who are not fully vaccinated are more likely to get COVID-19 and spread it to others. For this reason, CDC recommends taking the following precautions after returning from travel.

* **ALL Travelers** should self-monitor for COVID-19 symptoms; isolate and get tested if symptoms appear.
* **UNVACCINATED Travelers** should:
* Get tested with a [viral test](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html) 3-5 days after returning from travel
* Stay home and self-quarantine for a full **7 days** after travel, even **if you test negative** at 3-5 days.
* **If you don’t get tested**, stay home and self-quarantine for **10 days** after travel.

[Click here](https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html) for more information on “What You Need to Know”, “Before You Travel, “During Travel” and “After Travel” for Domestic Travel During COVID-19.

[Click here](https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html) for information on recommendations and requirements for International Travel.