

# Covid-19 Update for January 6, 2022

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# Testing For Covid

## When to get tested:

- You were with someone who has Covid
- You feel sick. See a list of symptoms on slide 3
- Your job, school or agency asks you to get tested
- Before you travel



**Getting A Test Is Free. It Does Not Cost You Any Money**

## How to Find a Test

- Call your doctor. They can help you find a free test.
- Call 888-677-1199 Monday-Friday 9 a.m. to 8 p.m. ET - this is a Covid Hotline for People with disabilities.

[Click here to find a website that can help you find a test](#)

Green Mountain Self-Advocates and SARTAC [www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)

# Testing For Covid



## Get a test because:

You could have Covid in you and not know

You do not want to give it to your family or a friend

If you have Covid, you need to take care of yourself

**A few people who got the shot might still get Omicron**  
**You can have Covid and not feel sick**

Some tests are quick and you find out in 15 minutes

Other tests you have to wait for days. They will text or email you.

**You can take a test at home.** The home tests cost around \$25.

and your agency or state might give you one for free.

# Getting Tested For Covid

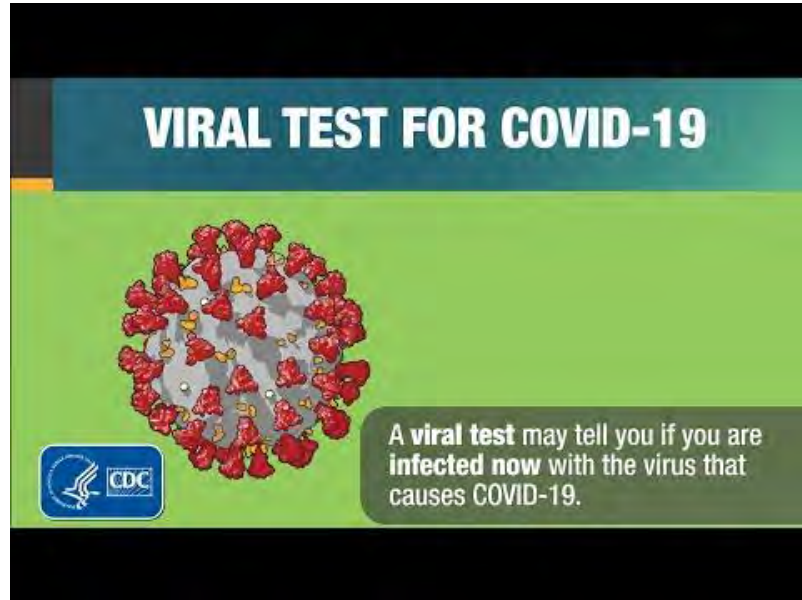
**Getting a test does NOT mean you have COVID. It is good to check.**



- Sit still. Take a deep breath & relax.
- A long skinny Q-tip goes up your nose.
- It is over in 5 seconds.
- They move the Q-tip around in your nose.
- They test both sides of your nose.

# Testing For Covid

Getting a test does **NOT** mean you have COVID. It is good to check.



<https://youtu.be/aHXvLRKViAk>

# If You Have Any of These Symptoms Get A Test



Fever  
or Chills



Coughing  
or Sore Throat



Hard Time  
Breathing



Headache  
or body aches



Tired your body  
feels weak



Lose your sense  
of taste or smell



Runny  
Nose



An upset stomach  
nausea or diarrhea

# If You Test Positive For Covid-19 You Must Stay Home And Isolate

## Isolate means - Keep away from people you live with



- You must do this for 5 days.
- Stay in your own room away from others.
- Do not eat with others. Do not watch TV or do anything with others.
- If you leave your room to go to the bathroom - always wear a mask. Stay at least 6 feet away from others.

# If You Test Positive For Covid-19 You Must Stay Home And Isolate



Tell your doctor.

Tell people you have been around that you have Covid. **You might feel embarrassed. But You need to tell them!** We all know the virus is very easy to catch. People will not be mad at you.

## After 5 days - do a test

If it is negative you can stop isolation.

**BUT you must wear a mask for 5 more days.**

If the test is positive, isolate for 5 more days.

If you are sick, isolate for 5 more days





# If You Test Positive For Covid-19 You Must Stay Home And Isolate

## If you live by yourself, make a plan for staying at home



- Who can go food shopping for you?
- Who will call to check in on you?
- Know your doctor's phone number.
- Come up with things to do to keep busy. Watch a movie, bake cookies, play video games, read a book, listen to music, call or a friend, explore the internet, clean your house.

# If You Have Been Exposed to Someone Who Has Covid

## If you have been boosted

- Wear a mask around others for 10 days.
- Test on day 5, if possible.



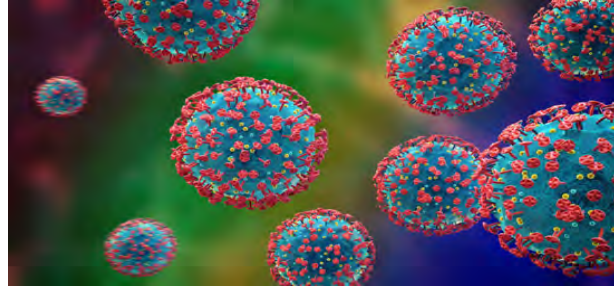
**If you get sick, have symptoms, get a test and STAY HOME**

## If you got a shot more than 6 months ago or did not get a shot

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- Test on day 5 if possible.

# What Is A Variant Or Mutation?

What do you think of when you hear the word mutation?



When we talk about Omicron - all these scary images about mutations are floating around in our heads.

# What Is A Variant Or Mutation?

**Basically mutation is just a fancy word for saying something has changed**

Sometimes when things change, it is a good thing

Sometimes, a mutation can be bad

Sometimes, it is not a big deal



# What Is A Variant Or Mutation?

Viruses also change or mutate. We get a new kind of virus. These are called variants.



Variants are like snowflakes,

- a little different
- a little the same



Another example is Variants are like fingerprints,

- a little different
- a little the same

# What Is A Variant Or Mutation?



COVID-19 is a virus. Viruses change all the time. It is common for this to happen. For example, the flu is a virus and it changes each year.

A virus looks like a ball with spikes coming out of it.

There is more than one kind of COVID-19. The different kinds are called variants. They are a little the same and a little different.

# Omicron Is A Type of Covid-19 Virus

Someone with COVID-19 gives you their germs.

When they cough or sneeze, their germs gets in the air.

Germs gets into your body through your mouth, nose, and your eyes.



# Omicron Is A Type of Covid-19 Virus

## Here is how it works

COVID goes inside your body.

It mixes with the cells in your body.

It grows or reproduces.

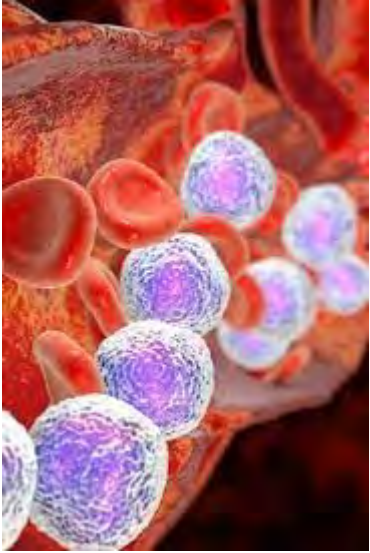
When it reproduces, sometimes it's sloppy.

You don't get the exact same kind of virus.

When the virus grows or reproduces you can get something slightly different.

When it changes, we call it a mutation.

This happens all the time.



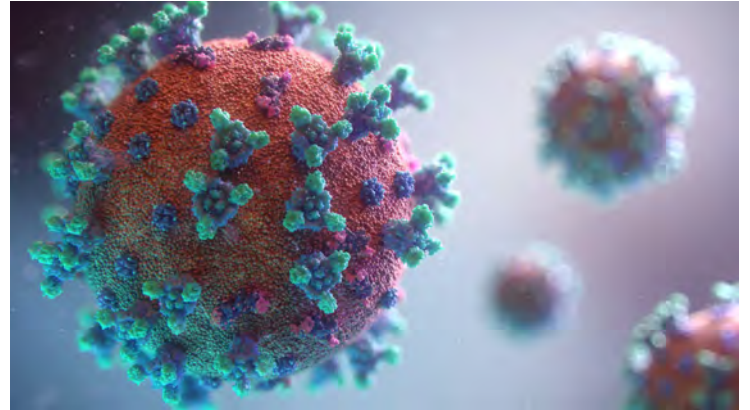


# Omicron Is A Type of Covid-19 Virus

**Scientists watch for changes in the virus, like changes in the spikes.**

More than one kind of COVID-19 is going around in the world. The Delta variant started last summer. In December, the Omicron variant is spreading fast. It is important to know about COVID-19 variants.

Some kinds of Covid are easier to get.  
Some kinds of Covid can make people more sick than others.



# Omicron Is A Type of Covid-19 Virus

## Why do COVID-19 variants, like Omicron, matter?



Omicron spreads from person to person very easily. It is spreading quickly across the country.

**People who did not get a vaccine are getting very sick.** More than 2,366 people from all states died on January 4.

# Omicron Is A Type of Covid-19 Virus



**To Keep From  
Getting Sick  
You Need To Get  
The Vaccine  
and a Booster**

The vaccine teaches your body how to fight Covid. It is like an instruction manual. The vaccine teaches your body how to recognize the spikes on the virus. Your body destroys the virus when it comes into your body.

A few people who got a shot, may still get Omicron.

**BUT** you will not get very sick. The vaccine is great at keeping us out of the hospital and it keeps you from dying

# What Is A Booster Shot And Why Should I Get It



Scientists watch and test the vaccines to make sure they keep people safe over time. Now scientists found that people over the age of 12 who got a vaccine need another shot to stay safe because of the Delta and Omicron variants.

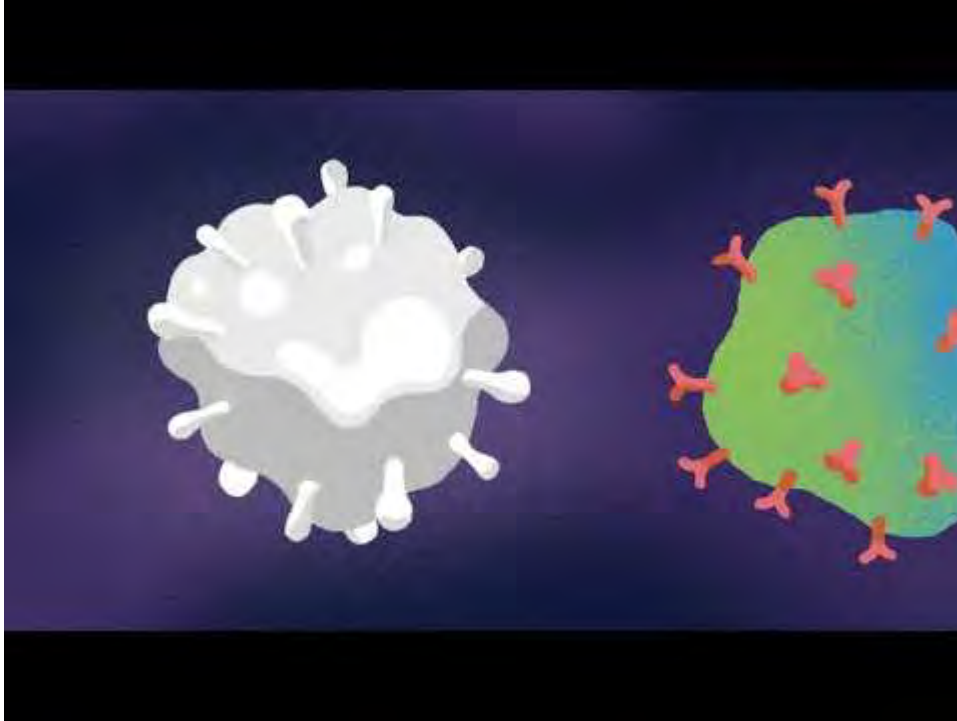
# What Is A Booster Shot And Why Should I Get It



This extra shot is called a booster. Over time your body needs more vaccine to keep fighting off the virus. Lots of other vaccines have booster shots, too. For example, you get a flu booster shot to keep you safe from the flu each year.

The COVID booster shot is safe. It keeps you from getting very sick and dying from COVID.

# What Is A Booster Shot And Why Should I Get It



**Here Is How The  
Vaccine Works**

<https://www.youtube.com/watch?v=Xbz7Qs1rQYw&t=2s>

# What Is A Booster Shot And Why Should I Get It



You can get your COVID-19 booster shot at many places. You can go to doctor's office, pharmacies, like CVS or Walgreens. You can go to some grocery stores. Many states **will also come to your home to give you a vaccine.**

## Where can I get a COVID-19 Booster shot?

If you are not sure where to get your shot, you can:

1. Call the DIAL help line at 888-677-1199 for free help
2. Look online at [www.vaccines.gov](http://www.vaccines.gov)
3. Ask a trusted family member, friend, support staff, or your doctor's office for help

# What Is A Booster Shot And Why Should I Get It

## How do I know which COVID-19 booster shot to get?



You can get the same kind of shot for your booster. Or you can get a different one. Talk to your doctor if you need help deciding. You can check your vaccine card to see which kind you got before.



# What Is A Booster Shot And Why Should I Get It

## What will happen if I choose to not get a COVID-19 booster shot?



You might catch COVID-19 and get sick or spread it to other people.

The vaccine gave your body lots of protection from COVID-19. Over time, it wears out. It is like running low on gas. A booster shot is like filling up your tank. You need more vaccine to avoid getting COVID-19. The booster protects you from getting very sick and spreading COVID-19 to others.

For example, you get your flu shot each year to keep protection from getting sick from the flu.