2023 CDC Guidance on COVID-19
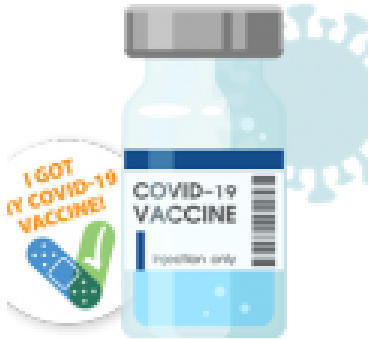
Find COVID-19 guidance and updates... and the best prevention steps to take!

CDC COVID-19 Highlights

► As of Monday, September 25, the federal government will send up to 4 free COVID-19 tests per household

► Press Release: Bridge Access Program to Ensure Free COVID-19 Vaccination for Uninsured and Underinsured Adults

► COVID-19 Information, Resources, and Vaccines

► CDC Respiratory Virus Updates

► Isolation

Know Your COVID-19 Community Level

[COVID-19 Community Levels](#) are a new tool to help communities decide what prevention steps to take based on the latest data. Levels can be low, medium, or high and are determined by looking at hospital beds being used, hospital admissions, and the total number of new COVID-19 cases in an area. Take precautions to protect yourself and others from COVID-19 based on the COVID-19 Community Level in your area.

► [COVID-19 County Check](#)

Vaccines

Stay up to date on vaccines for children and adults.

► [Vaccines and Boosters for COVID-19](#)

► [CDC's Bridge Access Program](#) provides free COVID-19 vaccines to adults without health insurance and adults whose insurance does not cover all COVID-19 vaccine costs. This program will end by December 31, 2024.

Isolation and Exposure Calculator

A tool to help determine how long you need to isolate, quarantine, or take other steps to prevent spreading COVID-19.

► [COVID-19 Isolation and Exposure Calculator](#)

Travel

Get up to date with your COVID-19 vaccines before you travel and take steps to protect yourself and others. Consider wearing a mask in crowded or poorly ventilated indoor areas, including on public transportation and in transportation hubs. Take [additional precautions](#) if you were recently exposed to a person with COVID-19. Don't travel while sick.

► [Travel Guidance - Domestic and International](#)

Self-Testing

Self-tests for COVID-19 give rapid results and can be taken anywhere, regardless of your vaccination status or whether or not you have symptoms.

► [Self-Testing Information](#)

People with Certain Medical Conditions

If you or your family member are at high risk for severe illness, wear a mask or respirator with greater protection in public indoor spaces if you are in an area with a high COVID-19 Community Level. Talk with your healthcare provider about wearing a mask in a medium [COVID-19 Community Level](#).

► [What You Need to Know](#)

If You Feel Sick

Symptoms > [Check your symptoms](#) > [Steps you can take if you are sick](#)

Isolation > [When to isolate](#) > [Caring for someone sick at home](#)

Testing and Masks > [Self-testing](#) > [Use masks to slow the spread](#)

For More Information

Find COVID-19 vaccines and boosters near you:

> [Find a vaccine near you](#)
> Call 1-800-232-0233
> Text your zip code to 438829

Stay up-to-date on CDC guidance and information:

> Go to the [CDC COVID-19 webpage](#)

Check Virginia Department of Health (VDH) COVID-19 information and resources

> Go to [www.vdh.virginia.gov/coronavirus](#)

Thursday, August 3, 2023