



COVID-19 Frequently Asked Questions

SD DEPARTMENT OF HEALTH



SYMPTOMS AND POTENTIAL EXPOSURE

? What are the symptoms of COVID-19?

Symptoms appear 2-14 days after exposure and can include:

- ✓ Fever or chills
- ✓ Fatigue
- ✓ Headache
- ✓ Sore throat
- ✓ Nausea or vomiting
- ✓ Cough
- ✓ Muscle/body aches
- ✓ New loss of taste or smell
- ✓ Congestion/runny nose
- ✓ Diarrhea
- ✓ Shortness of breath



Reported COVID-19 cases have ranged from mild symptoms to severe illness and death. Some infected individuals experience no symptoms at all.

? Can I do a self-screening for COVID-19 symptoms and risks?

The Centers for Disease Control and Prevention has developed a [screening tool](#) that asks about:



Your symptoms



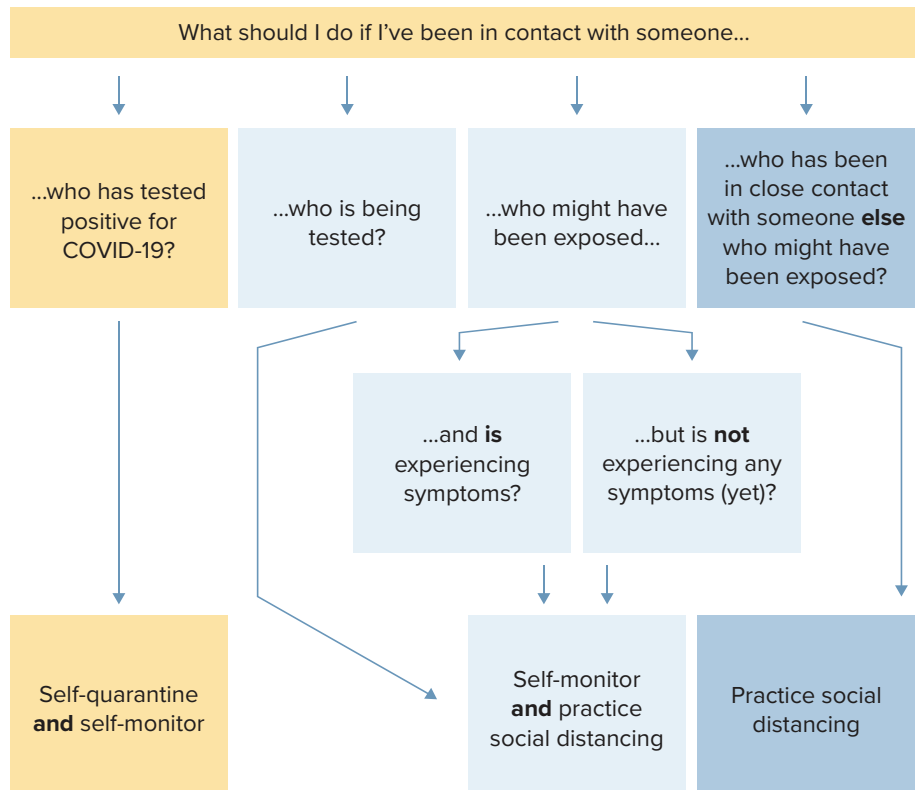
Your potential risks (e.g., recent travel history)



Contact with others who may have had COVID-19



? What should I do if I have been in close contact with someone who has tested positive for COVID-19 or is waiting for test results to come back?



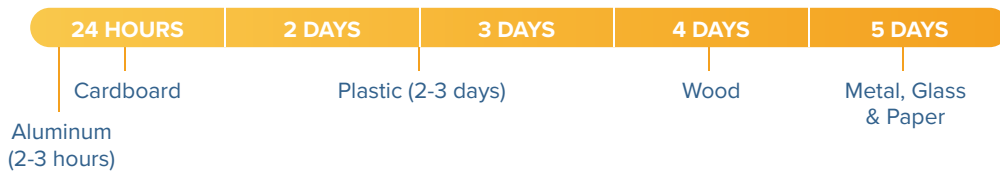
“Close contact” includes:

- ✓ anyone who has been within 6 feet or less for 15 cumulative minutes or more (in a 24-hour period) of an infected person starting from the 48 hours before the person began feeling sick until the time the person was isolated.

[Click here](#) for quarantine and isolation guidance.

? How long can the COVID-19 virus live on surfaces?

This is a general guide of how long the virus can live on some surfaces:



Individuals should [clean and disinfect](#) all surfaces in their environment daily.

After visiting public spaces or bringing in takeout food or packages, people should wash their hands for at least 20 seconds with soap and warm water.

? What is the difference between isolation and quarantine?



Isolation is recommended for people who are already sick. A sick person who is in isolation doesn't leave home or interact with others in the household.



Quarantine is for people who have been exposed to the disease but are not sick. They stay in one place to avoid unknowingly spreading the disease to others. Quarantined individuals may not become sick at all.



Isolation and quarantine both help prevent or limit the spread of disease. [Click here](#) to learn more.

TESTING

? How can I get a FREE COVID-19 Test?

There are 3 ways to get your FREE at-home COVID-19 test kits:

- [Order FREE test kits online at COVIDTests.gov](#)
Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. Orders will usually ship in 7-12 days.
- [Order FREE saliva test kits online from Vault](#)
The test kit will arrive at your home via expedited shipping. Log on for a virtual visit with a Vault test supervisor; they will show you how to collect your saliva sample. You must not eat, drink, smoke, or chew anything for 30 minutes before your testing session. Ship your sample to the lab using a prepaid UPS package. Get your result 24 to 48 hours after your sample arrives at the lab.
- [Get a FREE FlowFlex Test](#) at such places as courthouses, airports, schools, pharmacies, and more.

Low or no-cost testing is also available at [select pharmacies and local health centers](#).

? What do I do if I test positive?

If you test positive for COVID-19 [stay home and isolate](#) according to the latest guidance.

- Retesting after a positive home test is not necessary and not recommended.
- Monitor your symptoms. If you have an [emergency warning sign](#) (including trouble breathing), seek medical care immediately.
- Tell your [close contacts](#) that they may have been exposed to SARS-CoV-2, the virus that causes COVID-19. An infected person can spread COVID-19 starting 48 (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.

? What if I test negative on an at-home test?

If you [test negative](#), it means that the test did not detect the virus and you may not have an infection, but it does not rule out infection.

- You could test negative if the specimen was collected too early in your infection. In this case, you could test positive later during your illness.
- Repeating the test within a few days, with at least 24 hours between tests, will increase the confidence that you are not infected.



VACCINE



? How many doses of COVID-19 vaccine will SD receive?

The federal government provides vaccine doses to states based on the State's population.

? Who is eligible for the vaccine?

All South Dakotans 5 years and older are eligible to receive the COVID vaccine.

? Why should I get vaccinated for COVID-19?

COVID-19 can cause serious illness or even death. There is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you. A COVID-19 vaccine greatly reduces the risk that you will develop COVID-19. In clinical trials, COVID-19 vaccines have been highly effective at preventing severe cases of COVID-19 that require hospital care or cause death.

? Are the COVID-19 vaccines safe?

Yes! COVID-19 vaccines being used in the United States meet FDA's rigorous standards for safety and effectiveness. Millions of COVID-19 vaccine doses have been administered in the United States since December 14, 2020, and all COVID vaccines being used here will continue to be monitored for safety.

? How much will the COVID-19 vaccine cost?

The federal government is providing the vaccine free of charge to all people living in the U.S.

? Will the shot hurt or make me sick?

No. Some people might get sore muscles, feel tired, or have mild fever after getting the vaccine, but most people report only a sore arm where they got the shot. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will go away on their own in a few days. If you have any concerns, call your doctor or nurse.

? Can the vaccine give me COVID-19?

You cannot get COVID-19 from any of the COVID-19 vaccines in use or being tested in the United States because none of them contains the live virus that causes the disease.

? How do COVID-19 vaccines work?

Vaccines train our immune system to recognize the COVID virus and make cells to fight the virus. With vaccines, we can build immunity to a disease without getting the disease.

? Do I need to get a COVID-19 vaccine if I've already had COVID-19?

Yes. Scientists do not yet know how long natural antibodies in people who have had COVID-19 will be protect them from being re-infected.

VACCINE

? Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?

Yes. People who want to get pregnant in the future can receive the COVID-19 vaccine. Experts believe that COVID-19 vaccines are unlikely to pose a risk to a person trying to become pregnant in the short or long term.

? Is the COVID-19 vaccine safe for people who are pregnant?

Yes. If you are pregnant, you may choose to be vaccinated when it's available to you. There is currently no evidence that antibodies formed from COVID-19 vaccination cause any problem with pregnancy, including the development of the placenta.

People who are trying to become pregnant now or who plan to try in the future may receive the COVID-19 vaccine when it becomes available to them. There is no evidence that fertility problems are a side effect of any vaccine, including COVID-19 vaccines. There is no routine recommendation for taking a pregnancy test before you get a COVID-19 vaccine.

If you have questions about getting vaccinated, talking with a healthcare provider may help you make an informed decision.



? What is the difference between “fully vaccinated” and “up to date”?

Up to date means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

Fully vaccinated means a person has received their primary series of COVID-19 vaccines.

[Click here](#) for more information.

? Who can get a booster shot and when should a booster shot be given?

Everyone 12 years and older is eligible for a [booster shot](#). Pfizer-BioNTech and Moderna are recommended and can be given 5 months after completing your primary COVID-19 vaccination series. Teens ages 12-17 are only eligible to receive the Pfizer-BioNTech vaccine, but adults age 18 and older can choose which vaccine they receive.

GENERAL RESOURCES

? Where can I go for emotional health support?

If you or someone you know [needs help](#) with mental health issues like depression, anxiety, or suicidal thoughts, call 1.800.273.8255 or 211.

It's natural to feel stress, anxiety, grief, and worry during this time. Everyone reacts differently, and your own feelings may change over time. Taking care of your emotional health will help you think clearly and react to urgent needs to protect you and your family.

[605Strong.com](#) has emotional health information and resources available to help.



**READ SOUTH DAKOTA'S BACK TO NORMAL PLAN AND LEARN
MORE ABOUT COVID-19 IN SOUTH DAKOTA AT**

COVID.sd.gov

