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UNIVERSITY OF MINNESOTA

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Campus Public Health Officer

I'm vaccinated, now what?

First, thank you! Second, if you haven't yet, [schedule your booster shot](#) as recommended in [President Gabel's December 27 message](#). As of Tuesday, booster shots are available for anyone 12 years of age or older. Vaccination is available for age 5 and up.

I'm vaccinated, does that mean I can't get COVID-19?

No, especially not with omicron being so easily transmissible and so prevalent in our communities. The most significant benefit of vaccination is that it helps you *avoid serious complications and hospitalization*. The booster shot(s) are critical to maintaining this benefit.

I'm vaccinated and boosted, am I done?

Probably not. Viruses evolve, and we're seeing immunity decrease over time. Updated and amplified protection is key to staying healthy and bringing the pandemic under control.

I've had COVID-19, does that protect me from the omicron variant?

Based on current data, no. You should still get vaccinated and boosted.

I don't feel well. What should I do?

If your [symptoms resemble COVID-19](#), you should be tested.

- The state of Minnesota offers community sites with [free diagnostic testing for COVID-19](#), and an [in-home sample collection test \(Vault Medical Services\)](#).
- If you can find them, [11 brands of at-home testing kits](#) that give rapid results have been approved by the FDA. Tests currently run \$10 and up. The cost of the test is [tax deductible](#) (eligible expense for FSA/HSA and other medical savings accounts). Increased production and free distribution of at-home kits is [planned](#) to begin later this month.

I tested positive for COVID-19. Now what do I do?

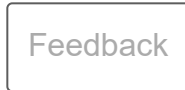
- [Take care of yourself and seek medical help if needed](#).
- You need to isolate. Please note: The University is aware of the [current CDC guidance on isolation and quarantine](#), and is in the process of reviewing our guidelines. If there are changes to our recommendations, they will be posted on the [Safe Campus website](#).
- If you used an in-home test, you should report the results [to the state](#) and to your healthcare provider. You may be asked to confirm results with a PCR test.

I have a question....

Great! Please let me know through the feedback button below. Questions will be addressed in a future message or by direct response.

Thank you,

Jakub Tolar, MD, PhD
Campus Public Health Officer



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