



# Protecting Each Other from COVID-19

(Updated September 6, 2022)

The COVID-19 landscape looks much different today than it did March 2020. We continue to learn more about the virus and have effective tools to reduce risk to people. As it has throughout the pandemic, NCDHHS adapts its response based on the emerging science and evidence to best protect North Carolinians and use the tools we have to get back to the people, experiences, and places we love.

## Individuals should:

- Layer prevention strategies based on individual risk, [community indicators](#) of spread and severity, and risk of setting.
- Stay up to date with [COVID-19 vaccines and boosters](#). This is particularly critical for those over age 65, those who are immunocompromised, those with underlying medical conditions, and healthcare workers.
- Maintain improved [air flow](#) (opening windows, using air filters, turning on fans) throughout indoor spaces when possible.
- Have a plan for testing (e.g., have a [supply of home tests](#) or [know where community testing sites are](#)).
- Get **tested** if you are exposed to COVID-19 or have symptoms of COVID-19 and follow CDC [isolation](#) and [quarantine](#) protocols. Wear a mask for 10 days following testing positive or symptom onset of a COVID-19 infection, unless a mask use exemption applies. Wear a mask for 10 days following an exposure to a person with COVID-19, unless a [mask use exemption](#) applies.
- Talk to your healthcare provider about whether you are a candidate for **treatments** if you have COVID-19 - like oral antiviral pills and have a plan to [access treatment](#). More information on treatment is available [here](#).
- If you live with someone at [high risk](#) for severe disease:
  - Consider screening testing yourself to detect infection early.
  - Consider wearing a mask when indoors with them.
- Masking when indoors in public is recommended for everyone at high [CDC COVID-19 community levels](#) and for those at higher risk at medium or high community levels.

Follow any mask requirements that may be in place for settings like health care and high risk congregate settings (e.g., long term care settings, homeless shelters).

- Everyone age 2 and over can wear a mask for an added layer of protection.

**Employers should:**

- Encourage all employees to stay up to date with [COVID-19 vaccines and boosters](#).
- Remind all employees, visitors, and patrons to self-monitor for symptoms and [get tested](#) if they have [symptoms](#) of COVID-19 or are exposed.
- Have employees follow CDC [isolation](#) and [quarantine](#) protocols. Isolate for at least 5 days if an employee tests positive. Wear a mask for 10 days following testing positive or symptom onset of a COVID-19 infection, unless a mask use exemption applies. Wear a mask for 10 days following an exposure to a person with COVID-19, unless a [mask use exemption](#) applies.
- Consider the need for universal mask requirements at high [CDC COVID-19 community levels](#) and in high-risk settings such as health care and high density congregate settings, (e.g., correction and detention facilities, homeless shelters, migrant farm camps).
- Maintain improved [air flow](#) (opening windows, using air filters, turning on fans) throughout indoor spaces when possible.