

# COVID-19 TOOLKIT

Information on how to stay safe and  
healthy from COVID-19



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**This toolkit was created as a part of the New Mexico Department of Health's commitment to continue to provide COVID-19 support and guidance to New Mexico communities and individuals.**

## **STAY AHEAD**

We will stay ahead of the curve by monitoring for variants, communicating COVID alerts, coordinating state and local response, and conducting wastewater testing.

## **PROVIDE TOOLS**

We now have tools to fight this pandemic, such as vaccines, masks, testing, treatment, and social distancing.

## **SUPPORT COMMUNITIES**

We will continue to support communities hardest hit by COVID by listening to local needs, coordinating with health councils and community health workers, and supporting testing, mask, and vaccine distribution.

## **BE PREPARED**

COVID is not going away, but we can be prepared for surges with the tools, partnerships, staffing, and supplies we have gained over the past two years.

## **PROTECT PEOPLE**

We will continue to recognize and support those who are most disproportionately affected and vulnerable to COVID by continuing our work with an equity focus.

## **SAFE SCHOOLS**

We will keep schools safe and open by providing information and tools, encouraging vaccination, and communicating with students, staff, and families.

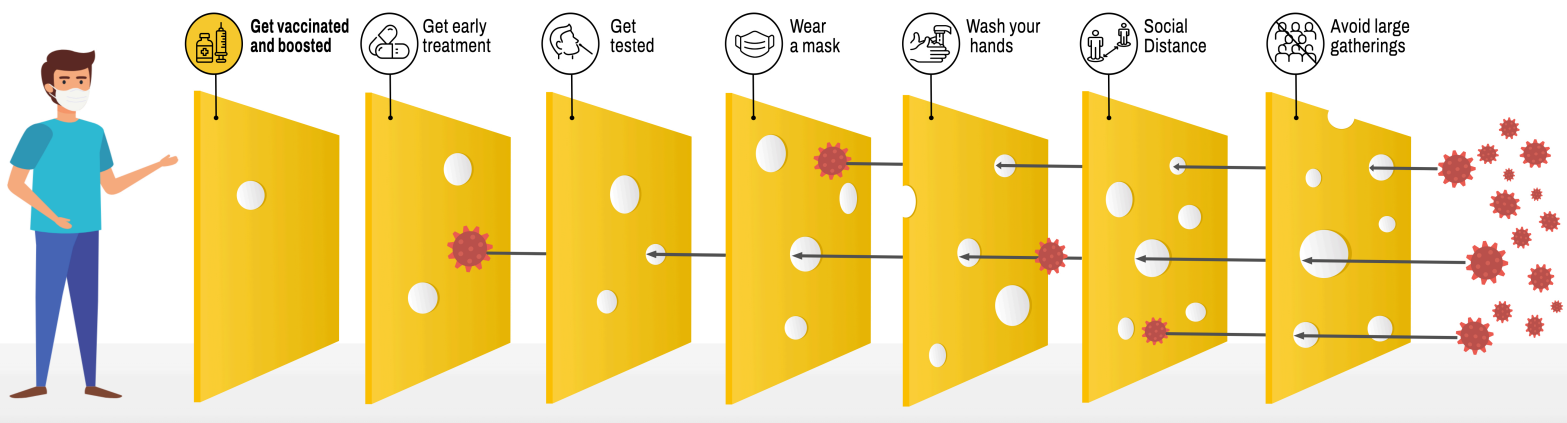
# Introduction

## A new phase of the pandemic.

We now have many tools to fight COVID: masking, vaccines, treatment, testing, and social distancing. We have reached a new place in New Mexico where we can lift nearly all public health requirements that prevented many COVID cases, hospitalizations, and deaths. It is now possible for us to manage COVID-19 in our homes and in our communities.

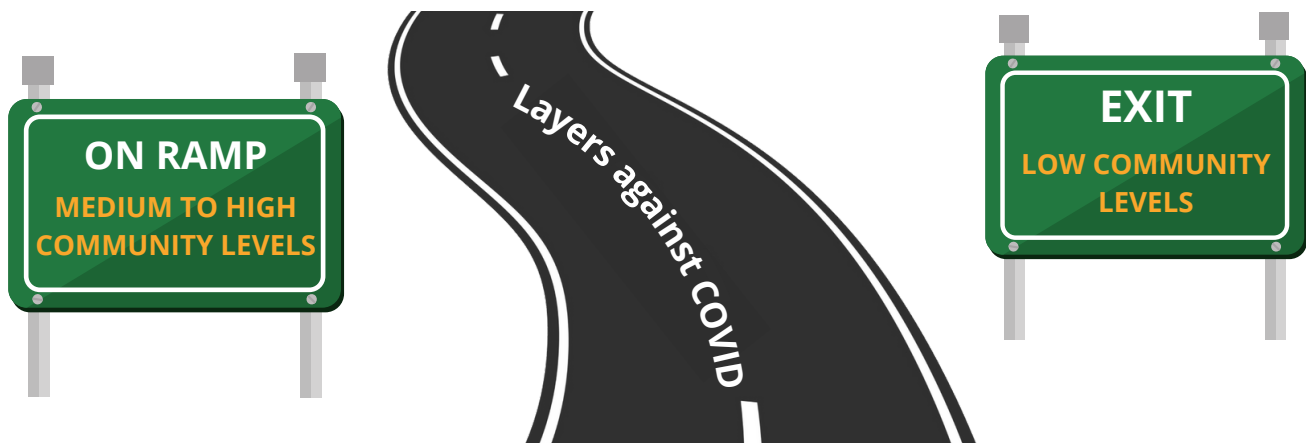
## How to stop COVID-19: the more steps you take, the safer you are against COVID-19.

Let's think about your relationship to the coronavirus in terms of swiss cheese. Each of these cheese slices provides a layer of protection against COVID-19. The more practices you maintain, the more protection you have against being infected by COVID-19. You can decide how many layers to put between yourself and the virus.



## COVID safe practices can vary over time.

This toolkit will provide guidance to each individual on how to make decisions regarding staying safe from COVID-19. Though each situation will differ, your decisions might be influenced by how the virus is spreading through the community. Think about it as though you are getting on and off of a highway, where the highway represents taking extra precautions. When community spread is medium or high, you might get on the highway and take more precautions against COVID-19. When community spread is low, you might exit the highway and take less precautions.



# Mask Guidance

As of February 17th, 2022, there is no longer a requirement to wear a face mask in all indoor spaces in New Mexico. However, you may choose to continue to wear a mask to protect yourself or others from getting very sick from COVID. If you feel more comfortable continuing to wear a mask in public spaces, that is okay!

Some places in New Mexico still require a face mask such as hospitals, nursing homes, assisted living facilities, adult day cares, hospice facilities, rehabilitation facilities, state correctional facilities, juvenile justice facilities, residential treatment centers, veteran's homes, congregate care settings, and community homes. Some private businesses also may still choose to require a mask.

## When deciding whether to wear a mask, think about:



## People with certain health conditions might be more at risk for getting very sick from COVID-19. Some of which include:

- Cancer
- Chronic Kidney Disease
- Chronic Liver Disease
- Chronic Lung Diseases
- Cystic Fibrosis
- Dementia or other neurological conditions
- Diabetes
- Disabilities
- Heart conditions
- HIV Infection
- Weakened Immune System
- Overweight and Obesity
- Pregnancy
- Smoking cigarettes (current or former)
- Organ or stem cell transplant
- Substance Abuse

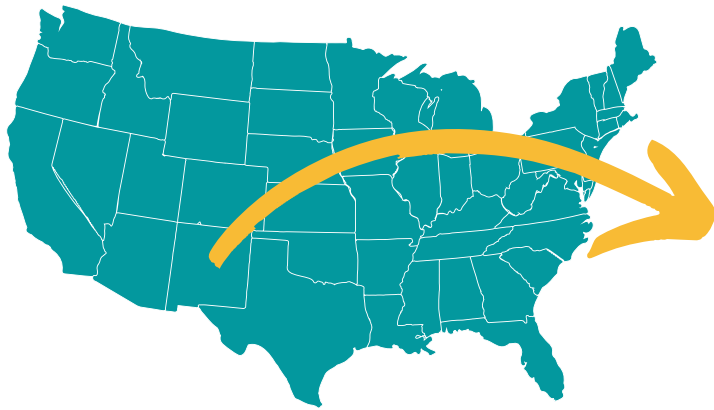
## You might be more likely to catch COVID in some settings compared to others.

It is good to consider what kind of environment you will be in when deciding to wear a mask or not. Some examples are shown below.

Lower Risk	Moderate Risk	Higher Risk
Outdoor activities such as camping, exercising, eating outdoors, visiting friends outside.	Indoor activities such as eating indoors at a restaurant, working closely with others, visiting with friends indoors.	Crowded places such as concerts, sporting events, movie theaters, nightclubs, and traveling by airplane.



## Check out your community's COVID-19 levels:



Each community is unique in the amount of COVID-19 that is spreading through the area.

You can check the spread of COVID-19 in the United States as well as in each county in New Mexico by visiting [COVID.gov](https://www.covid.gov)

Each county is rated by having either low, medium or high spread of COVID-19. These rankings will give you guidance on preventative steps you as an individual can take based on your situation.

### Low Spread

- Stay up to date on COVID-19 vaccines and boosters.
- Get tested if you have symptoms and keep COVID at-home tests on hand.
- Stay home if you are sick.

### Medium Spread

- Stay up to date on COVID-19 vaccines and boosters.
- Get tested if you have symptoms and keep COVID at-home tests on hand.
- Stay home if you are sick.
- If someone you live with is at risk for getting very sick from COVID, consider wearing a mask and self-testing before interacting with at-risk people.

### Higher Spread

- Stay up to date on COVID-19 vaccines and boosters.
- Get tested if you have symptoms and keep COVID at-home tests on hand.
- Stay home if you are sick.
- If someone you live with is at risk for getting very sick from COVID, consider wearing a mask and self-testing before interacting with at-risk people.
- Wear a well-fitted mask indoors, whether you are vaccinated or not.
- Limit your exposure to crowded and indoor activities.

People age 65 and older are more likely to get sick, be hospitalized, or to die from COVID than younger age groups.



2 times more likely to get sick from COVID

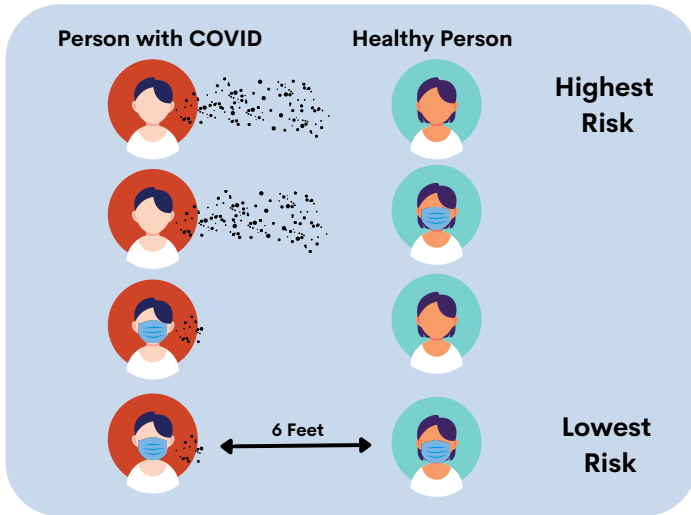


35 times more likely to get hospitalized



1,100 times more likely to die from COVID

You can help prevent the spread of COVID in your community by wearing a mask when you are feeling sick.

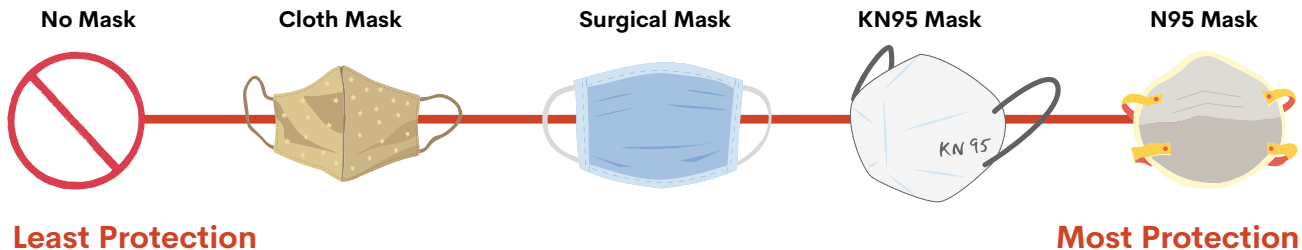


If you have tested positive for COVID or are feeling sick, you can wear a mask to lower the chances of giving it to other people.

- If you are sick with COVID and close to other people for extended periods of time, it is best if everyone wear masks.
- Wearing a mask when you are sick will help prevent others who are at risk from getting seriously sick from COVID.

Some masks offer more protection than others.

For the best protection, choose a high-quality mask like a KN95 or N95 mask. Make sure the mask fits snugly around your face while still being able to breathe easily. Pick a mask with layers to keep your respiratory droplets in and other's out.



Do I always have to wear a mask?

Think of masks as something you layer on and layer off "depending on the weather." So if it is cold outside, you add mittens, or an extra jacket. If you are in an activity with a high risk of COVID (i.e. large indoor gathering), then wear a well-fitting mask. If you are in an activity with a low risk of COVID (i.e. outdoor hiking), then you don't need to wear a mask. Take into account your risk and the risk of others to make a decision about wearing a mask.

Layering up



Layering down



# COVID-19 Vaccines

## Why get the COVID-19 vaccine?

The vaccines have safely protected millions of people from getting very sick, hospitalized, or dying from COVID-19. The protection you gain from the vaccine is less risky than getting COVID.

## COVID-19 Vaccines and Booster Shots

The Pfizer, Moderna, and Johnson & Johnson Vaccines are all available in New Mexico. Each follows a unique timeline, so it is important to remember which type of vaccine you receive and when. A timeline for each vaccine can be found on the next page.

### **The Pfizer vaccine is available for adults and for children:**

- Children ages 5–11 can get 2 doses, 3 weeks apart. No booster shot is recommended.
- Children ages 12–17 can get 2 doses, 3 weeks apart, and a booster dose 5 months later.
- Adults 18 and older can get 2 doses, 3 weeks apart, and a booster dose 5 months later.

### **The Moderna vaccine is available for adults:**

- Adults 18 and older can get 2 doses, 4 weeks apart, and a booster dose 5 months later.

### **The Johnson and Johnson (J&J) vaccine is available for adults:**

- Adults 18 and older can get 1 dose, a booster shot after 2 months, and a second booster shot 4 months later.

## If you are immunocompromised, you might need extra doses.

People who should get an extra doses are people who have:

- A weakened immune system
- Have had an organ or stem cell transplant
- Have cancer
- Have severe HIV.

If you think you might be in this group, please talk with a medical provider. People in this group can get extra primary and booster doses. Vaccine timelines for people who are immunocompromised can be found on the next page.

## If you are aged 50 years or older, you can choose to get a second booster.

Adults ages 50 and older, both immunocompromised and not immunocompromised, can choose to get a second booster shot 4 months after their first booster shot.

## Mixing and matching booster shots.

Adults 18 and older can get any brand of vaccine as their booster shot. For the best protection, it is recommended to get either Pfizer or Moderna. Children cannot mix and match vaccines and must get Pfizer as their booster dose.

**View a timeline for each vaccine on the next page.**

## Vaccine Brand & Age

**Pfizer**  
(Ages 5-11)

## General Vaccine Timeline

2 Primary doses



## Immunocompromised Vaccine Timeline

3 Primary doses



**Pfizer**  
(Ages 12 and older)

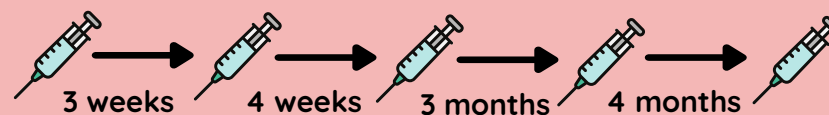
2 Primary doses

1 Booster



3 Primary doses

2 Boosters



**Moderna**  
(Ages 18 and older)

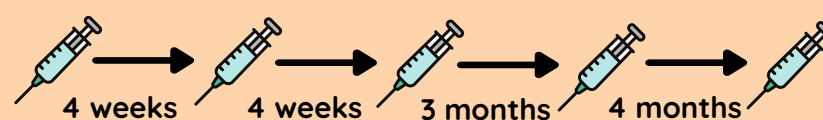
2 Primary doses

1 Booster



3 Primary doses

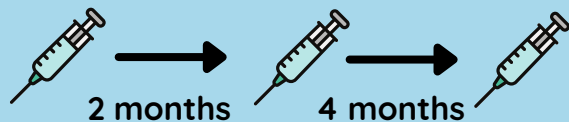
2 Boosters



**Johnson & Johnson**  
(Ages 18 and older)

1 Primary dose

2 Boosters



2 Primary doses

2 Boosters



**People ages 50 and older**

\*Especially important for:

- People 65+
- People 50+ at high risk for severe COVID

**Pfizer**

2 Primary doses

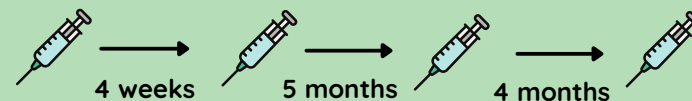
2 Boosters



**Moderna**

2 Primary doses

2 Boosters



**Johnson & Johnson**

1 Primary dose

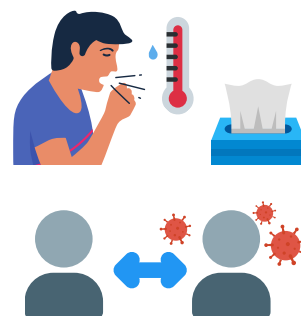
2 Boosters



# COVID-19 Testing

## Get tested if:

- **You have symptoms of COVID-19:** cough, fever, shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, congestion or runny nose, feeling dizzy or vomiting, diarrhea or runny poop, or loss of taste or smell.
- **You have been in close contact of someone who tested positive for COVID-19** (within 6 feet or less for more than 15 minutes).



**Knowing if you have COVID-19 can help you get treatment right away and prevent you from spreading the virus to your family and community.**

## There are two main ways to get tested for COVID-19:

### Set up a testing appointment.



OR

### Take a COVID test at home.

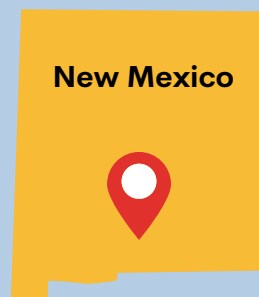


## How to set up a testing appointment.

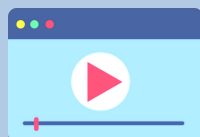
COVID-19 testing sites are available all over New Mexico. The easiest way to find a testing site near you is to visit [findatestnm.org](https://findatestnm.org). You can search by zip-code for a list of testing sites with business hours, contact information, and addresses. An interactive map also shows each testing location.

## How to get an at-home COVID-19 test.

There are many different brands of COVID-19 at-home tests. They can be bought at pharmacies, picked up for free in select locations, or delivered for free to your home address. At-home rapid antigen tests are fast and easy with results in around 15 minutes. If you would like to order free home tests, visit [findatestnm.org](https://findatestnm.org).



**You can find testing locations, at-home tests, and more at:**  
**[Findatestnm.org](https://findatestnm.org)**



**Each home test has unique instructions that are included in the test kit box. To find a video on how to use your brand of home test, visit [CDC | Self-Testing Videos](#)**



**The Centers for Disease Control (CDC) has also created an online calculator to help you determine how long to stay at home after testing positive for COVID-19. Find this tool at [CDC | Quarantine and Isolation Calculator](#).**

**See the next page for instructions on what to do with your COVID test result!**



## Positive test result



### Stay home for 5 days

(for both vaccinated and unvaccinated)



**Stay at home** in a room away from others in your household.



You **DO NOT** need to get an additional PCR test



If you have no symptoms after **5 DAYS**, you can leave your house **BUT** wear a mask for 5 more days.

**If you have a fever, continue to stay home until your fever is gone for 24 hours**



To prevent the spread of COVID, tell anyone you have recently had close contact with and encourage them to get tested, monitor for symptoms, and reduce exposure to other people.



## Negative test result



### Have Symptoms

(for both vaccinated and unvaccinated)



- Cough
- Fever/Chills
- Shortness of breath
- Muscle or body aches
- Vomiting, diarrhea
- New loss of taste or smell



If possible, Get a PCR test OR Repeat at-home test in 1-2 days



**Stay at home until you know your test result.**



If you test positive, follow the guidelines for a positive test result.



If you test negative again, no other test is needed at this time.

**If you can't get a test, assume you are positive and stay home**

### No Symptoms

(depends on vaccination status; see below)



No other test is needed at this time, except:



If you had close contact with someone with COVID-19:



If you are up to date on all vaccine that you are eligible for\*:

- Wear a mask around others for 10 DAYS
- Test on Day 5 if possible



If you are unvaccinated, not fully vaccinated or without a booster (not up to date):

- **Stay at home for 5 DAYS**
- Then wear a mask around others for 5 MORE DAYS
- Test on Day 5 if possible



**If you develop symptoms, stay home and go to "HAVE SYMPTOMS" column**

# COVID-19 Treatment

People who test positive for COVID and who are at risk for getting very sick should get treatment **right away**. That includes people with these conditions:

- Cancer
- Chronic Kidney Disease
- Chronic Liver Disease
- Chronic Lung Diseases
- Cystic Fibrosis
- Dementia or other neurological conditions
- Diabetes
- Disabilities
- Heart conditions
- HIV Infection
- Weakened Immune System
- Overweight and Obesity
- Pregnancy
- Smoking cigarettes (current or former)
- Organ or stem cell transplant
- Substance Abuse



## EVUSHELD: LONG-ACTING ANTIBODIES

Evusheld is available for people who are immunocompromised such as people who:

- Have cancer
- Have had an organ or stem cell transplant.
- Have severe HIV
- Have a weakened immune system.

**It can be used in addition to vaccines** to provide more protection against COVID-19.

**People who are interested in this treatment** should talk to their doctor or call the COVID-19 hotline at 1-855-600-3453 to see if Evusheld is right for them.



## ORAL MEDICINES

**Who can get it:** People ages 12 or older, who are covid positive, who are not hospitalized, and who are at high risk for getting very sick.

**How to use it:** People using oral COVID treatments will need to take 3-4 pills, twice a day, for 5 days. Oral treatments need to be taken within 5 days of starting symptoms.

**People who are interested in this treatment** should talk to their doctor or call the COVID-19 hotline at 1-855-600-3453 to find a prescription.



## IV MEDICATIONS

**Who can get it:** IV medications can be given to people who are 12 years or older, who are COVID positive, and who are not hospitalized.

**How to get it:** IV treatments have to be given within 10 days of starting symptoms and have to be given in a clinical setting such as a hospital or healthcare center.

**People who are interested in this treatment** should talk to their doctor or call the COVID-19 hotline at 1-855-600-3453 to find an infusion center.



# MYTH vs FACT



## KNOW THE FACTS ABOUT COVID-19 VACCINES



### MYTH:

### THE VACCINE WILL GIVE ME COVID.



The vaccine teaches your immune system how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as aches and fever. These symptoms are normal and signs the body is building protection. Because it takes a few weeks for the body to build immunity after completing the vaccination series, it is possible a person could be infected with COVID-19 just before or just after vaccination and still get sick, because the vaccine has not had enough time to provide protection.

### MYTH:

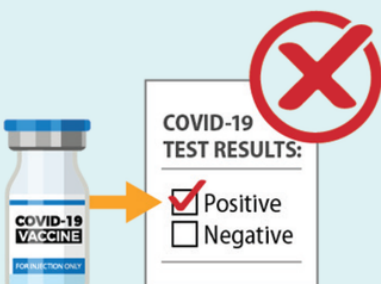
### THE VACCINE HAS MAGNETS IN IT.



All COVID-19 vaccines are free from metals such as iron, nickel, cobalt, lithium, rare earth alloys, as well as manufactured products such as microelectronics, electrodes, carbon nanotubes and nanowire semiconductors. Even if the vaccine was filled with magnetic metal, the typical dose is less than a milliliter, which is not enough to allow magnets to be attracted to your vaccination site.

### MYTH:

### THE VACCINE MAKES YOU TEST POSITIVE FOR COVID.



None of the vaccines authorized for use in the US cause you to test positive on a viral test. If your body develops an immune response to the vaccination, which is the goal, you may test positive on some antibody tests.

*continued on back*



# KNOW THE FACTS ABOUT COVID-19 VACCINES



## **MYTH:** THE VACCINE ALTERS YOUR DNA.



COVID-19 vaccines do not change or interact with your DNA in any way. Genetic material never enters the nucleus of our cells, which is where our DNA is kept. This means that genetic material in vaccines cannot affect or interact with our DNA in any way.

## **MYTH:** THE VACCINE WILL AFFECT MY PERIOD IF I'M AROUND SOMEONE WHO HAS GOTTEN THE VACCINE.



Many things can affect menstrual cycles, including stress, changes in your schedule, sleep, changes in diet or exercise. Infections may also affect menstrual cycles. Being near someone who received a COVID-19 vaccine cannot affect your period.

## **MYTH:** THE VACCINE CAUSES INFERTILITY.



There is no evidence of any vaccine, including the COVID-19 vaccine, causing fertility problems or difficulty getting pregnant.

## **MYTH:** THE VACCINE SHEDS THE VIRUS AND CAN AFFECT OTHER PEOPLE.



Vaccine shedding can only occur with live virus. None of the vaccines authorized for use in the US contain live virus.

For more info visit [vaccinenm.org/Facts](https://vaccinenm.org/Facts)

Schedule your vaccine today at [vaccinenm.org](https://vaccinenm.org) or call 1-855-600-3453

# COVID-19 Vaccines in Pregnancy and Breastfeeding

## **If you are pregnant, planning to get pregnant, or breastfeeding you should get a COVID-19 vaccine**

The COVID-19 vaccines are effective in preventing infection, especially severe infections, from COVID-19 when given during pregnancy or breastfeeding.

## **If you are pregnant you are at higher risk of severe COVID-19**

Pregnant people are at higher risk of becoming very sick, needing to go to the hospital, and even dying from COVID-19.

## **The COVID-19 vaccines are safe for you and your baby**

The COVID-19 vaccines have been carefully followed in more than 130,000 pregnant people and do not cause problems during pregnancy like miscarriage or any problems for babies. The vaccines prevent more pregnancy problems by preventing COVID-19 infections. The vaccines cannot change someone's genes, give someone COVID-19, or pass to the baby in the womb.

## **COVID-19 vaccines provide babies some protection from COVID-19**

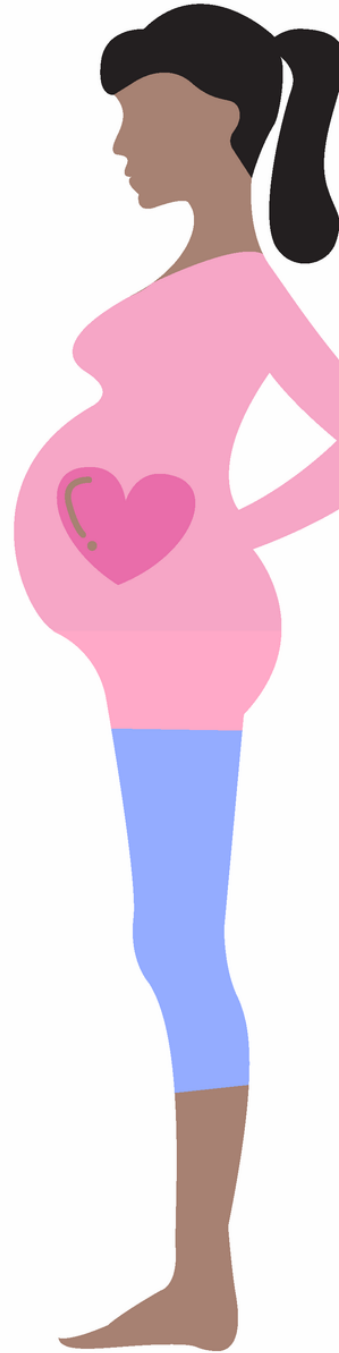
Pregnant or breastfeeding people who get a COVID-19 vaccine pass antibodies in the womb and in breastmilk that give newborn babies some protection from COVID-19.

## **Pregnant and breastfeeding people can get any of the approved vaccines at any time**

Each of the approved vaccines provide protection and are safe during pregnancy. Vaccines can be given at any time during pregnancy.

## **Side effects with the COVID-19 vaccines are generally not severe**

Everyone who gets a COVID-19 vaccine, including pregnant and breastfeeding people, may have side effects which are usually mild like body aches, soreness at the vaccine site, chills, and tiredness. Talk to your healthcare provider if you have any concerning side effects.





# COVID-19 vaccine for Kids (ages 5-11)

## Why get the vaccine?

The vaccine helps kids' natural immune system protect against COVID-19 while going back to school and playing with others!

## Which vaccine?

Children ages 5 and up can get the **Pfizer vaccine!**

They will need

**2 shots,**

**3 weeks apart**



## What will it feel like?

We have seen less side effects in young children than in older children, but some feelings might be:

- Pain on the arm
- Feeling tired
- Headache
- Feeling dizzy
- Chills
- Fever

**The vaccine does not stay in the body and kids will feel normal after a few days!**

## Is the vaccine safe?

- The vaccine for children is safe. It was studied with thousands of kids and is still being watched carefully.
- Children will also get a smaller amount of vaccine than adults (1/3 of an adult dose).

**The COVID vaccine works like other children's vaccines that have kept kids safe and healthy!**

**To sign a child up for a vaccine,  
visit [vaccinenm.org/kids](https://vaccinenm.org/kids)**

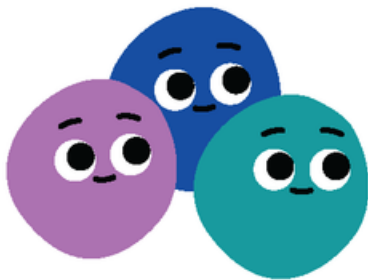
# What does a vaccine do?



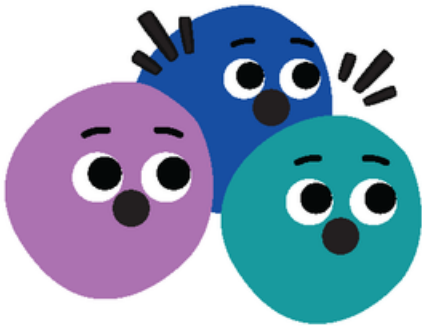
Your body has cells that help you stay healthy.

But the coronavirus will try to sneak into your body and make you feel bad!

The vaccine teaches your cells what the coronavirus looks like.



Now your cells can recognize the virus and help stop it from hurting you!



Your body has protection against getting very sick from the virus. The vaccine has done its job and leaves your body!



To sign a child up for a vaccine, visit [vaccinenm.org/kids](https://vaccinenm.org/kids)

# GETTING VACCINATED AFTER HAVING COVID

## IF YOU ARE UNVACCINATED:

You can get the vaccine after staying home for 5 days and when your symptoms of COVID are gone.



If you were sick with COVID



You have stayed home for 5 days and no longer have symptoms



You can get a COVID vaccine

## IF YOU HAVE RECEIVED A COVID VACCINE:

You can get your next vaccine after staying home for 5 days, after your symptoms of COVID are gone, and you are eligible for your next dose based on your vaccine timeline.



If you were sick with COVID



You have stayed home for 5 days and no longer have symptoms



You are eligible for your next dose based on your timeline



You can get a COVID vaccine

## IF YOU RECEIVED TREATMENT FOR COVID:

You do NOT have to wait to get the vaccine after being treated for COVID.



People who were treated for COVID



If you have already received a COVID vaccine, follow your vaccine timeline like normal.



If you are unvaccinated, you can get the vaccine at any time.

To find a vaccine near you, visit [vaccinenm.org](https://vaccinenm.org) or call the coronavirus hotline at 1-855-600-3453

# Web Resources

## Cv.nmhealth.org

**Visit [cv.nmhealth.org](https://cv.nmhealth.org) for information on:**

- Newsroom and Updates
- COVID-19 Vaccines
- COVID-19 Testing
- Information for Providers
- COVID-19 Treatment
- Data on vaccination rates and cases of COVID-19 in New Mexico

## Vaccinenm.org

**Visit [vaccinenm.org](https://vaccinenm.org) to:**

- Schedule your COVID-19 vaccine online or on the phone.
- Schedule a COVID-19 vaccine for your child.
- View the COVID-19 vaccine event calendar.
- Download a parental consent form.
- Request a vaccination event to be held in your community.

## Findatestnm.org

**Visit [findatestnm.org](https://findatestnm.org) to:**

- Find testing options by your zip-code.
- Order free at-home COVID-19 tests to your home.
- Find a local pharmacy to purchase an at-home COVID-19 test.
- Find a location in your community to pick up a free at-home COVID-19 test.
- Find COVID-19 testing locations in New Mexico.

## Getthefacts.vaccinenm.org/chw

**Visit [getthefacts.vaccinenm.org/chw](https://getthefacts.vaccinenm.org/chw) to:**

- Download COVID-19 promotional and educational materials.
- View video recordings of COVID-19 community updates hosted by NMDOH and the Community Health Worker Initiative at UNM.
- View Community Health Worker training videos.
- Find links to information and various NMDOH COVID resources.

## COVID.gov

**Visit [COVID.gov](https://www.covid.gov) to:**

- Find the online federal COVID-19 Toolkit.
- Get information on masks, testing, treatments, and vaccines.
- Find information on travel guidance.
- Find COVID-19 guidance by county.