

COVID-19 Toolkit

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



Updated June 28th, 2022

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The New Mexico Department of Health made this toolkit to support people and communities in New Mexico. We will keep giving information on how to stay safe from COVID-19.

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.

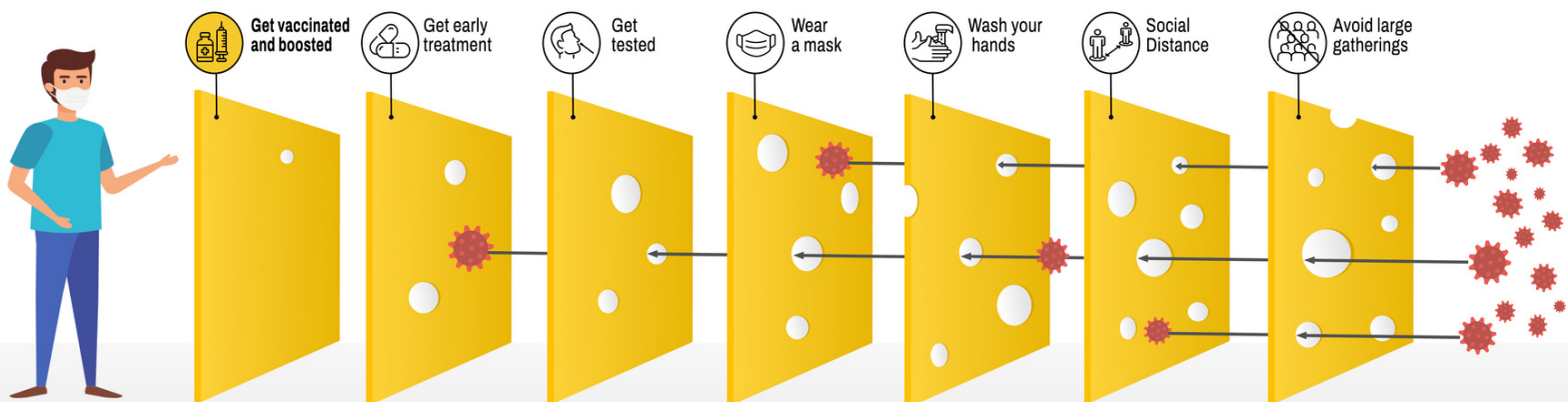
Introduction

A new phase of the COVID-19 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.

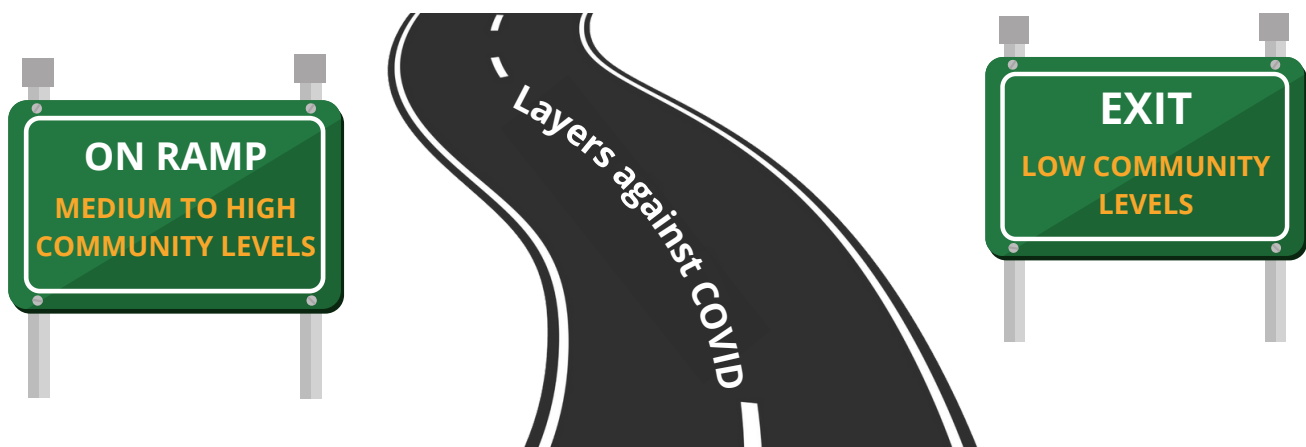
The more steps you take, the safer you are against COVID-19.

Let's think about ways to stay safe like slices of swiss cheese. Each of these cheese slices provides a layer of protection against COVID-19. The more safe 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 gives guidance to each person on how to make decisions about staying safe from COVID-19. Each situation will differ. Your decisions might depend on how the virus is spreading through the community. Think about it like getting on and off of a highway, where the highway is taking extra safety 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.



Should I wear a mask?

As of February 17th, 2022, New Mexico doesn't require a face mask in all indoor spaces any longer. 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 these are

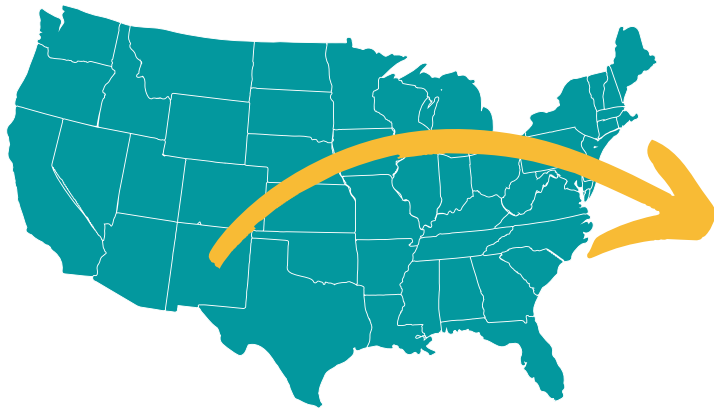
- Cancer
- Cerebrovascular disease or stroke
- Chronic kidney disease
- Chronic liver diseases
- Chronic lung diseases
- Cystic fibrosis
- Dementia or other neurological (brain) conditions
- Diabetes
- Disabilities
- Heart conditions
- HIV Infection
- Mental health disorders
- Organ or stem cell transplant
- Overweight and obesity
- Physical inactivity
- Pregnancy
- Sickle cell disease or thalassemia
- Smoking cigarettes (current or former)
- Substance abuse
- Tuberculosis
- Weakened immune system

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. This will give you ideas on safety steps you can take.

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

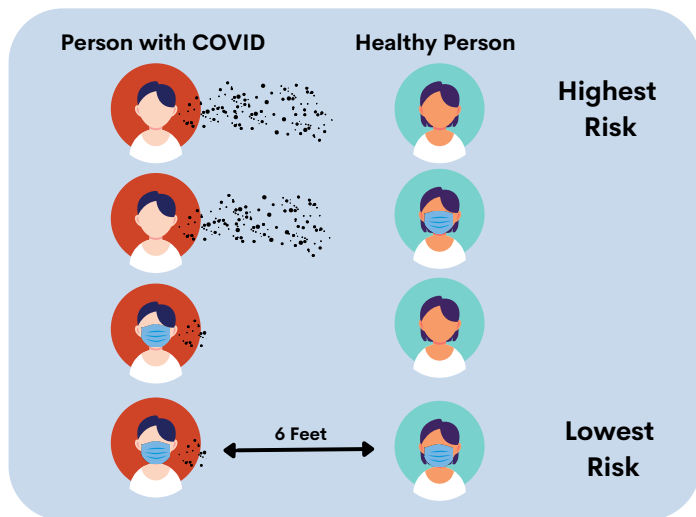


35 times more likely to get hospitalized



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.

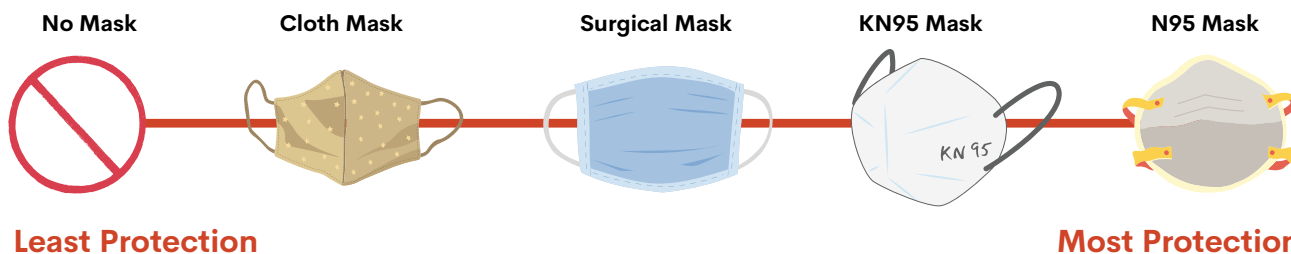


If you have tested positive for COVID or are feeling sick, you can wear a mask to lower the chances of giving it to other people.

- If you are sick with COVID and close to other people for long times, 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 (like a large indoor gathering), then wear a well-fitting mask. If you are in an activity with a low risk of COVID (like outdoor hiking), then you don't need to wear a mask. Think about 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 for most people.

The Pfizer vaccine is available for both children and adults:

- Children ages 6 months to 4 years can get 2 doses, 3 weeks apart, and a 3rd dose 8 weeks later. All 3 doses are required to complete the series.
- Everyone 5 and older can get 2 doses, 3 weeks apart, and a booster dose 5 months later.

The Moderna vaccine is available for both children and adults:

- Children ages 6 months – 17 years can get 2 doses, 4 weeks apart.
- 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 and then a booster shot after 2 months. People who got J&J as their primary and booster dose, can get a second booster shot 4 months later.

If you are immunocompromised, you should get 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 HIV.
- Have chronic conditions such as diabetes or heart, liver, kidney, and lung diseases.

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

If you are aged 50 years or older, you should 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.

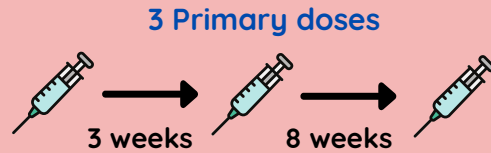
Mixing and matching booster shots.

Adults 18 and older can get any brand of vaccine as their first booster shot. For the best protection, it is recommended to get either Pfizer or Moderna. Children cannot mix and match vaccines and not all children can get a booster at this time.

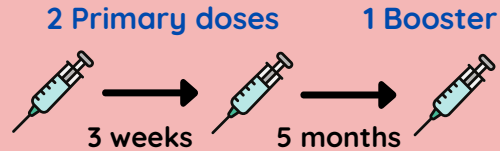
See a schedule for each vaccine on the next page.

Vaccine Schedule for Most People

Pfizer
(Ages 6 months to 4 years)



Pfizer
(Ages 5 and older)



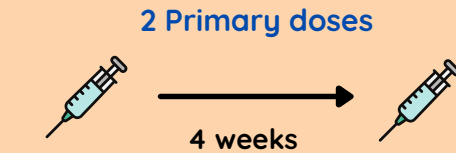
4 months

2nd Booster

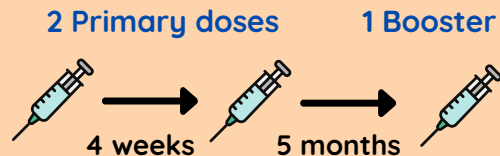


People ages 50 and older should get a second booster.

Moderna
(Ages 6 months to 17 years)



Moderna
(Ages 18 and older)



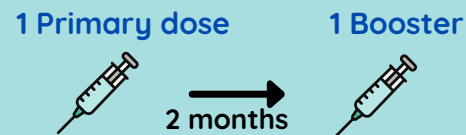
4 months

2nd Booster



People ages 50 and older should get a second booster.

Johnson & Johnson
(Ages 18 and older)



4 months

2nd Booster



- People ages 50 and older should get a second booster.
- People ages 18 and older who got J&J as their primary and booster dose, can get a second booster that is either Pfizer or Moderna.

Vaccine Schedule for Immunocompromised

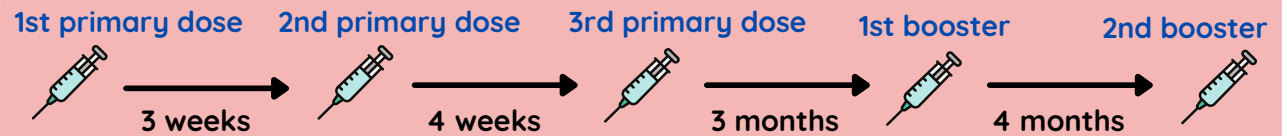
Pfizer
(Ages 6 months to 4 years)



Pfizer
(Ages 5 to 11)



Pfizer
(Ages 12 and older)



Moderna
(Ages 6 months to 17 years)



Moderna
(Ages 18 and older)



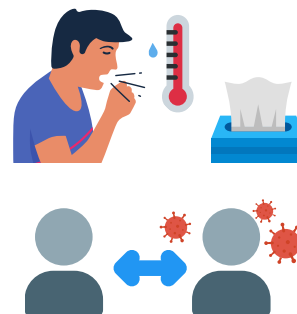
Johnson & Johnson
(Ages 18 and older)



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.

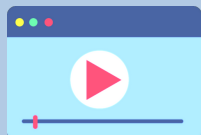
COVID-19 testing sites are available all over New Mexico. The easiest way to find a testing site near you is to visit findatestnm.org. You can search by zip-code for a list of testing sites with business hours, contact information, and addresses. A map also shows each testing location.



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

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.



Each home test has its own 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) also has an online calculator to help you decide 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!

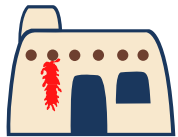


Positive test result



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.

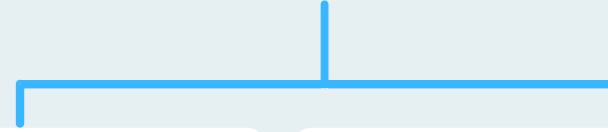
If you have a fever, continue to stay home until your fever is gone for 24 hours



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 or 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
- Cerebrovascular disease or stroke
- Chronic kidney disease
- Chronic liver diseases
- Chronic lung diseases
- Cystic fibrosis
- Dementia or other neurological (brain) conditions
- Diabetes
- Disabilities
- Heart conditions
- HIV Infection
- Mental health disorders
- Organ or stem cell transplant
- Overweight and obesity
- Physical inactivity
- Pregnancy
- Sickle cell disease or thalassemia
- Smoking cigarettes (current or former)
- Substance abuse
- Tuberculosis
- Weakened immune system



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 give 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 in the hospital.

How to get it: You have to get IV treatments within 10 days of when you started symptoms. You have to get them in a clinic, 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:

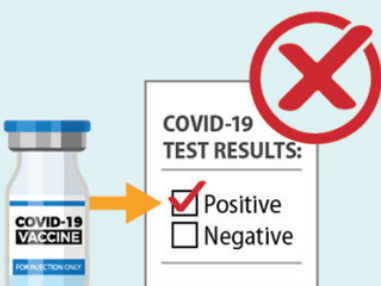
THE VACCINE HAS MAGNETS IN IT.



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

Schedule your vaccine today at 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

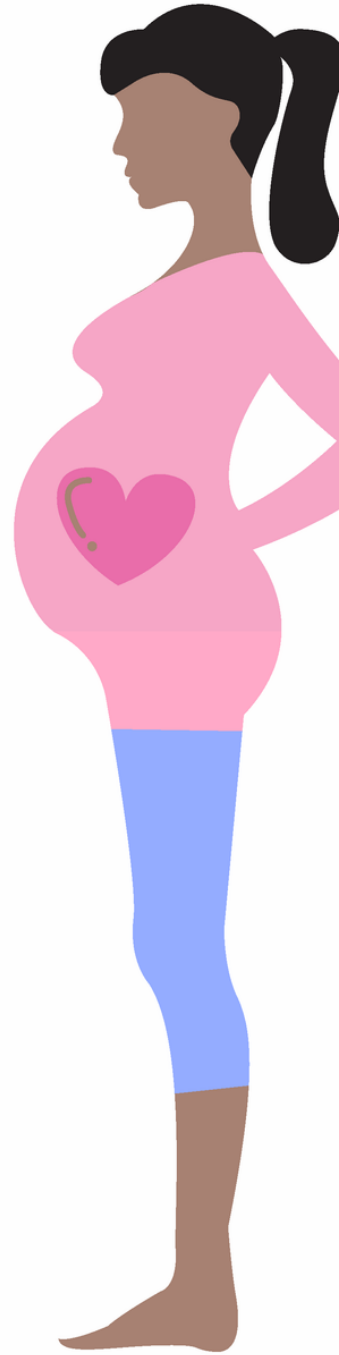
Pregnant or breastfeeding people who get a COVID-19 vaccine pass antibodies in the womb and in breastmilk that give newborn babies some protection from COVID-19.

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** (6 months and older)

Why get the vaccine?

The vaccine helps kids' natural immune system protect against COVID-19 so they can stay in school and do their regular activities!

Which vaccine?

Children ages 6 months and older get the Pfizer or Moderna vaccine.

Pfizer	Moderna
<ul style="list-style-type: none">• Children ages 6 months to 4 years can get 2 doses, 3 weeks apart, and a 3rd dose 8 weeks later. All 3 doses are required.• Children ages 5 to 17 years can get 2 doses, 3 weeks apart, and a booster dose 5 months later.	<ul style="list-style-type: none">• Children ages 6 months to 17 years can get 2 doses, 4 weeks apart.

If your child is immunocompromised, talk to a doctor about getting extra vaccine.

What will it feel like?

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

- Pain on the arm
- Dizziness
- Tired
- Chills
- Headache
- Fever

Kids will feel normal after a few days!

Is the vaccine safe?

- Millions of children and teens have been vaccinated safely for COVID-19.
- Children will also get a lower dose of vaccine than adults.

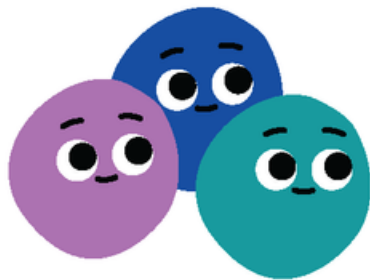
The COVID vaccine works like other children's vaccines that have kept kids safe and healthy for generations.

To sign a child up for a vaccine, visit vaccinenm.org/kids

What does a vaccine do?



Your body has cells that help you stay healthy.



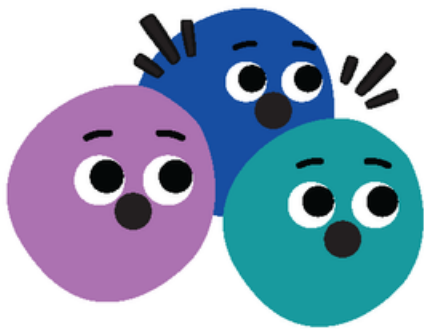
But the coronavirus will try to sneak into your body and make you feel bad!



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

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 RECIEVED 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 MONOCLONAL ANTIBODY TREATMENT:

You can get your vaccine 90 days or more after your last infusion.



If you were treated for COVID



It has been 90 days after treatment



You can get a COVID vaccine

To find a vaccine near you, visit vaccinenm.org or call the coronavirus hotline at 1-855-600-3453

Cv.nmhealth.org

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

Vaccinenm.org

- 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

- 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.

Findatreatmentnm.com

- Find doctors, medical providers, and pharmacies that can prescribe COVID treatment.
- Find healthcare locations with in-person and Telehealth options for COVID treatment.

Getthefacts.vaccinenm.org/chw

- Download COVID-19 information materials.
- See video recordings of COVID-19 updates by New Mexico Department of Health for Community Health Workers.
- View Community Health Worker training videos.
- Find links to information and COVID resources from the New Mexico Department of Health.

COVID.gov

- 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.



For COVID-19 related questions, call 1-855-600-3453

How to get COVID-19 testing, vaccine, and treatment in New Mexico **with private insurance**



Testing if you feel sick or were exposed to COVID-19



Get tested at a healthcare location or pharmacy that takes your insurance. Your insurance plan will pay for this service.



Your private insurance will repay you for up to 8 COVID-19 home tests a month.



Go to findatestnm.org or call 1-855-600-3453 to find a testing location or order COVID-19 home tests.



Testing for work, travel, or other reasons



Some people may have cost sharing for COVID testing. Check with your insurer if you have health insurance.



You can order COVID-19 home tests for free from COVID.gov and Project ACT.



Go to findatestnm.org or call 1-855-600-3453 to find a testing location or order at-home COVID-19 tests. .



Getting a COVID-19 vaccine



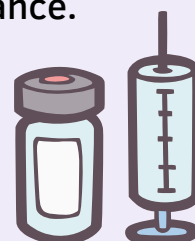
Get the COVID-19 vaccine from your usual medical provider or pharmacy. The cost of getting a vaccine is paid for by private insurance.



Everyone can also get COVID-19 vaccine for free at New Mexico Department of Health vaccine events.



Go to vaccinenm.org or call 1-855-600-3453 to find a vaccine near you and set up an appointment.



Getting COVID-19 medicine



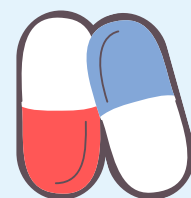
Schedule an appointment with a doctor or medical provider that takes your insurance. Online video appointments are also available.



You might have to pay a co-pay or deductible fee.



Go to findatreatmentnm.com or call 1-855-600-3453 to find a medical provider or pharmacy near you.



How to get COVID-19 testing, vaccine, and treatment in New Mexico **with Medicaid**



Testing if you feel sick or were exposed to COVID-19



Get tested at a healthcare location or pharmacy that takes your Medicaid plan. Medicaid will pay for this service.



You can get COVID-19 home tests at a pharmacy for free with your Medicaid insurance.



Go to findatestnm.org or call 1-855-600-3453 to find a testing location or order COVID-19 home tests.



Testing for work, travel, or other reasons



Medicaid will pay for your COVID-19 test.



You can order COVID-19 home tests for free from COVID.gov and Project ACT.



Go to findatestnm.org or call 1-855-600-3453 to find a testing location or order COVID-19 home tests.



Getting a COVID-19 vaccine



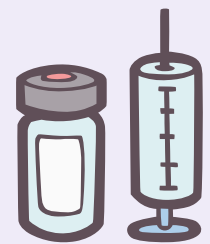
Get the COVID-19 vaccine from your usual medical provider or pharmacy. The cost of getting a vaccine is covered by Medicaid.



Everyone can also get COVID-19 vaccine for free at New Mexico Department of Health vaccine events.



Go to vaccinenm.org or call 1-855-600-3453 to find a vaccine event near you or set up an appointment.



Getting COVID-19 medicine



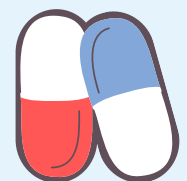
Schedule an appointment with a doctor or medical provider that takes Medicaid. Medicaid should pay for all medication fees.



Go to findatreatmentnm.com or call 1-855-600-3453 to find a medical provider or pharmacy near you.



Online video appointments are also available. Go to welcome.netmedical.com.



How to get COVID-19 testing, vaccine, and treatment in New Mexico **with no insurance**



Testing if you feel sick or were exposed to COVID-19



Get tested at a Curative or NetMedical Xpress location. If you do not have insurance, funds may be available for testing.



You can order COVID-19 home tests for free from COVID.gov and Project ACT.



Go to findatestnm.org or call 1-855-600-3453 to find a testing location or order COVID-19 home tests.



Testing for work, travel, or other reasons



You can order COVID-19 home tests for free from COVID.gov and Project ACT.



Go to findatestnm.org or call 1-855-600-3453 to find a testing location or order COVID-19 home tests.



Getting a COVID-19 vaccine



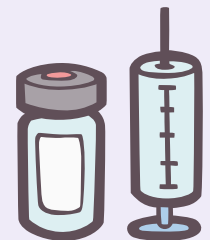
Everyone can also get COVID-19 vaccine for free at New Mexico Department of Health vaccine events or at Public Health Offices.



Federally Qualified Health Centers can give you COVID-19 vaccine without insurance but you might have to pay a fee.



Go to vaccinenm.org or call 1-855-600-3453 to find a vaccine event near you or set up an appointment.



Getting COVID-19 medicine



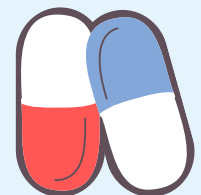
Federally Qualified Health Centers can help you get COVID-19 treatment but you might have to pay a fee.



Go to findatreatmentnm.com or call 1-855-600-3453 to find a medical provider or pharmacy near you.



Net Medical Xpress will provide free online video appointments for people who are uninsured. Go to welcome.netmedical.com.



People who are uninsured can apply for Special COVID Medicaid. People who are not U.S. citizens can apply for Emergency Medical Services for Non-Citizens.

Go to www.yes.state.nm.us or call 1-800-283-4465