NMDOH
NEW MEXICO DEPARTMENT OF HEALTH

New Mexico
Department of Health

COVID-19 Toolkit

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



Updated December 7th, 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.

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.

PROVIDE TOOLS

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

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.

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.

SAFE SCHOOLS

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

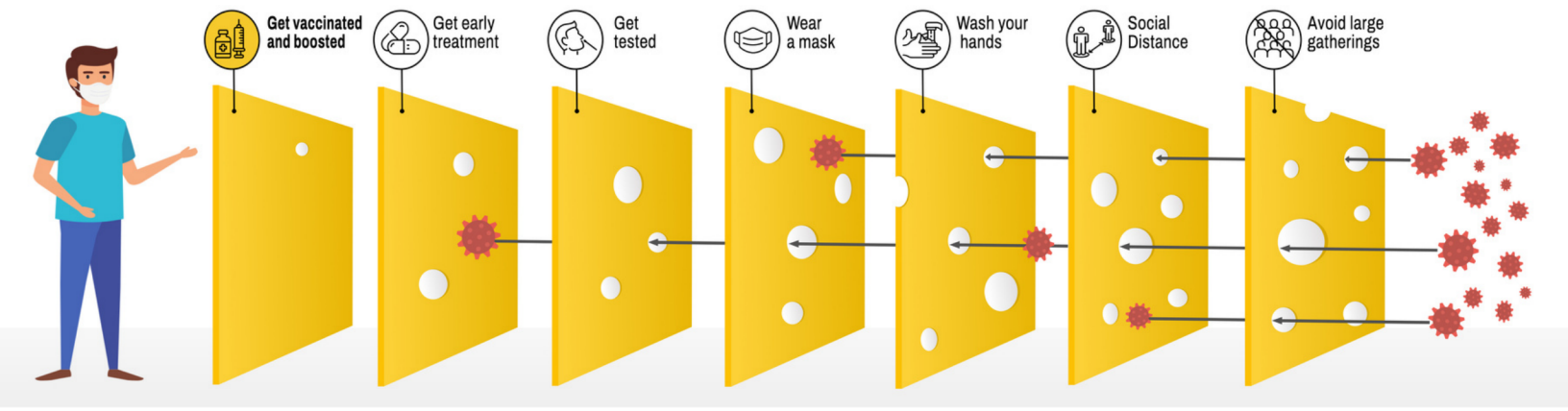
Introduction

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.

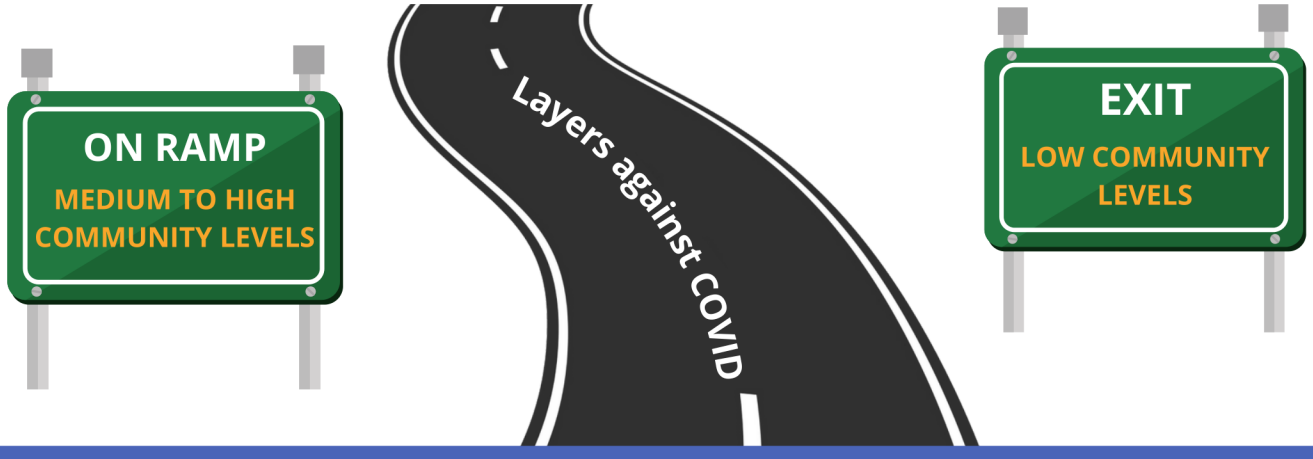
The more steps you take, the safer you are against COVID-19.

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:

- Your health conditions
- The health risks of those you live with
- If you are over the age of 65
- Your COVID community level
- Where you are going
- If you are feeling sick

People with certain health conditions might be more at risk for getting very sick from COVID-19. Some of these are

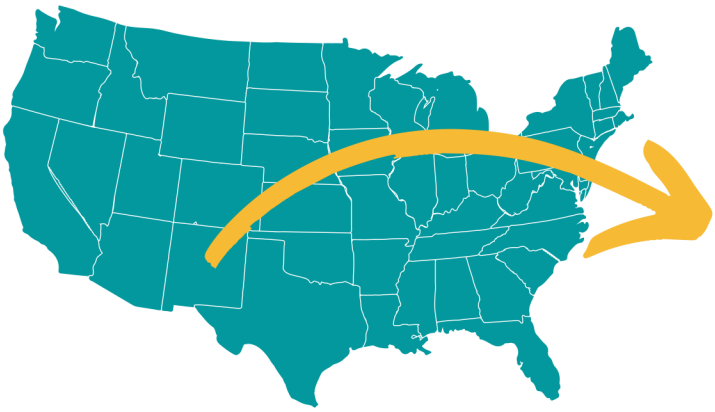
- Cancer
- Cerebrovascular disease or stroke
- Chronic kidney disease
- Chronic liver diseases
- Chronic lung diseases
- Cystic fibrosis
- Dementia or other neurological (brain) conditions
- Diabetes
- Disabilities
- Heart conditions
- HIV Infection
- Mental health disorders
- Organ or stem cell transplant
- 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

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.

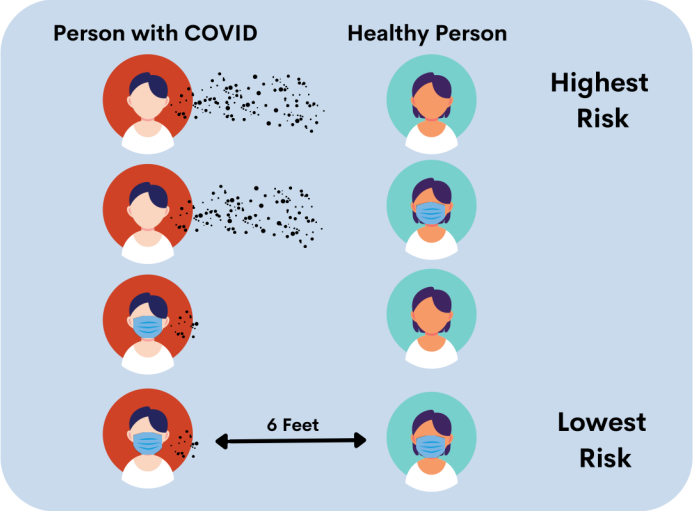
People age 65 and older are more likely to get sick, be hospitalized, or to die from COVID than younger age groups.

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.



Least Protection **Most Protection**

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. The benefits you gain from the vaccine outweigh the risks of getting COVID.

COVID-19 vaccines and booster shots recommended 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.
- People ages 5 years and older can get 2 doses, 3 weeks apart, and an Omicron booster 2 months later.

The Moderna vaccine is available for both children and adults:

- Children ages 6 months to 4 years can get 2 doses, 4 weeks apart.
- People ages 5 years and older can get 2 doses, 4 weeks apart, and an Omicron booster 2 months later.

The Novavax vaccine is available for both children and adults:

- People ages 12 years and older can get 2 doses, 3 weeks apart, and an Omicron booster 2 months later.

*People 18 and older who do not want an Omicron booster can get a Novavax booster 6 months after their 2nd primary dose.

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

- Adults 18 and older can get 1 dose and then an Omicron booster 2 months later.

If you are immunocompromised, you should get an extra primary dose.

A 3 dose primary series with an mRNA vaccine (Pfizer or Moderna) is recommended for immunocompromised people. People who should get an extra dose are people who:

- Have a weakened immune system
- Take medications that suppress your immune system.
- Have cancer
- Have had an organ or stem cell transplant
- Have HIV

If you think you might be in this group, please talk with a doctor or medical provider.

Who can get the Omicron booster shot?

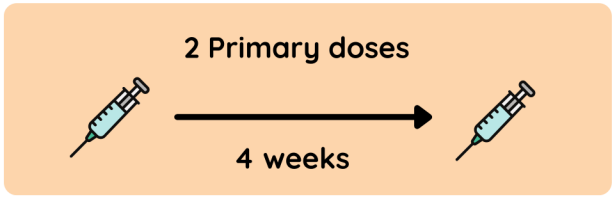
You can get the Omicron booster if you are 5 years or older and:

- It has been 2 months or longer since you finished your primary series
- It has been 2 months or longer since your 1st or 2nd booster dose

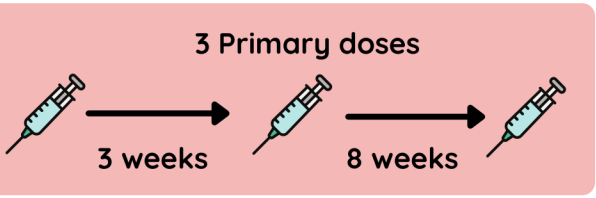
Vaccine Schedule for Most People

People ages 6 months to 4 years with

Moderna

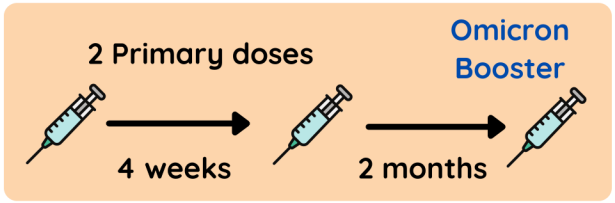


Pfizer

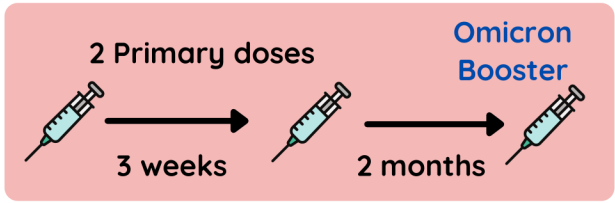


People ages 5 and older with

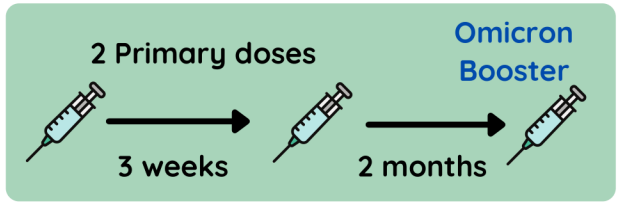
Moderna



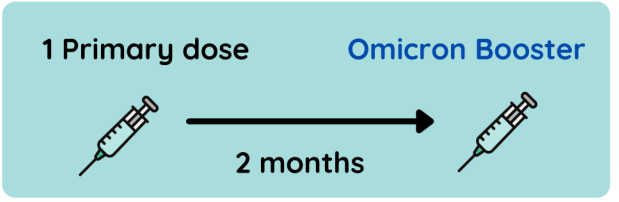
Pfizer



People ages 12 years and older with Novavax



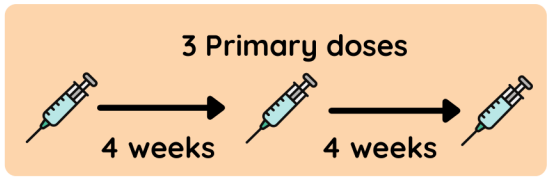
People ages 18 years and older with Johnson and Johnson



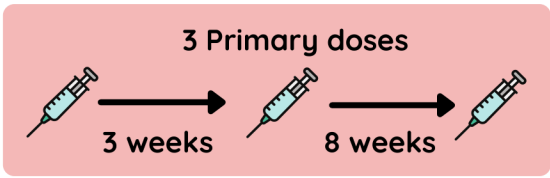
Vaccine Schedule for Immunocompromised

People ages 6 months to 4 years with

Moderna

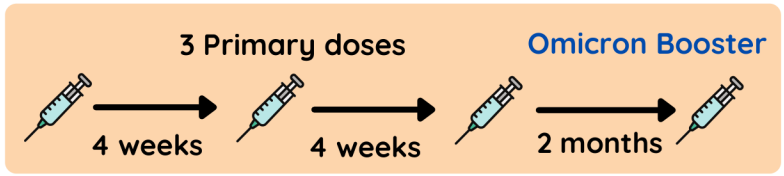


Pfizer



People ages 5 and older with

Moderna



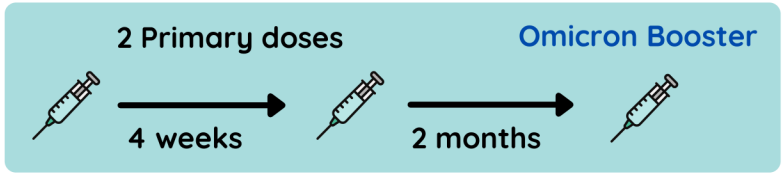
Pfizer



People ages 12 years and older with Novavax

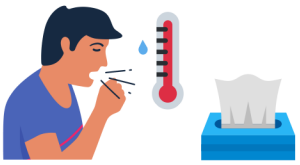


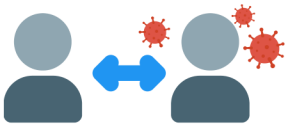
People ages 18 years and older with Johnson and Johnson



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.

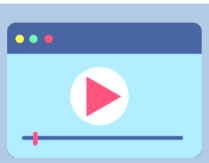
COVID-19 testing sites are available all over New Mexico. The easiest way to find a testing site near you is to visit findatestnm.org. You can search by zip-code for a list of testing sites with business hours, contact information, and addresses. A map also shows each testing location.



You can find testing locations, at-home tests, and more at: Findatestnm.org

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!

If you were exposed to COVID-19

Wear a mask as soon as you find out you were exposed to COVID. Continue to wear a mask for 10 days.



Watch for symptoms. If you start to feel sick, isolate until you know your test result.

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



Get tested at least 5 full days after your last exposure.
Everyone should test even if you don't have symptoms.



If you test Negative
Continue to wear a mask through day 10.



If you test Positive
Isolate immediately and follow the guidelines for a positive test.

If you feel sick and think you have COVID-19



Get tested immediately.



Stay home and isolate until you have your test results.

Wear a mask around others.

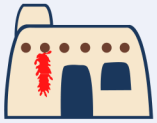


If you test Negative
You can end isolation, but refer to the guidelines on the next page.



If you test Positive
Isolate immediately and follow the guidelines for a positive test.

If you test positive for COVID-19



Stay home and isolate for at least 5 days.
End isolation based on how serious your COVID symptoms are.



If you did not have symptoms: You can end isolation after day 5.



If you had symptoms: You can end isolation if you have isolated for at least 5 days, you haven't had a fever for 24 hours, and your symptoms are improving.

After ending isolation, wear a high quality mask around others for 5 more days.

If you tested for COVID-19 using a home test



Sometimes, a person who has COVID-19 might not test positive on a home test right away. People who test negative on a home test may need to test again to make sure they are not infected.

If you test Positive on a home test

Isolate immediately and follow the guidelines for a positive test. You do not need to take any more tests.

If you test Negative on a home test

- If you do not have symptoms, you can return to your normal activities.
- If you have symptoms, take 2 more tests 48 hours apart. If your tests are negative but you are still concerned that you could have COVID, you can choose to test again or get a PCR test.

If you tested for COVID-19 using a PCR test



PCR tests are the most reliable tests for people with or without symptoms of COVID-19.

If you test Positive on a PCR test

Isolate immediately and follow the guidelines for a positive test. You do not need to take any more tests.

If you test Negative on a PCR test

- If you have symptoms but test negative on a PCR, you may be sick with another virus. Take general precautions to prevent spreading an illness to others.
- If you do not have any symptoms of COVID-19 and you have not been exposed to COVID, you can return to your normal activities.

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



Oral Medicines

Paxlovid

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 Paxlovid will need to take 3 pills, twice a day, for 5 days. Oral treatments need to be taken within 5 days of starting symptoms.

Molnupiravir

Who can get it: People ages 18 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 Molnupiravir will need to take 4 pills, twice a day, for 5 days. Oral treatments need to be taken within 5 days of starting symptoms.



IV Medications

Remdesivir

Who can get it: People who are 12 years or older, who are COVID positive, and who are at high risk for getting very sick. Both people who are hospitalized and people who are not hospitalized can get it.
How to get it: People getting Remdesivir will need to get infusions in a clinic, hospital or healthcare center.

A prescription is needed to get treatment. People seeking treatment should talk to their doctor or call the COVID-19 hotline at 1-855-600-3453.

Long COVID

What is Long COVID?

Some people who have had COVID experience long-term effects. The World Health Organization defines Long COVID as still having symptoms related to COVID-19 for 3 months or longer after a COVID-19 infection. Most symptoms improve slowly over time. See common Long COVID symptoms on the next page.

How common is Long COVID?



The CDC estimates that about 1 in 5 adults develops Long COVID. There is no test to diagnose Long COVID and healthcare providers will want to be sure that symptoms aren't due to other health conditions. Long COVID is more common in adults, but children can have it too.

Who is more likely to have Long COVID?

Studies show that some groups of people may be more likely to have Long COVID. While this is not a complete list, the CDC provides examples of people or groups who might be more at risk for developing Long COVID:

People who got very sick from COVID, especially those who were hospitalized or needed intensive care.

People who had underlying health conditions before getting COVID.

People who did not get a COVID-19 vaccine.

People who experience multisystem inflammatory syndrome (MIS) during or after having COVID-19.

How can I prevent Long COVID?

Staying up-to-date with COVID-19 vaccines helps prevent COVID and getting very sick from COVID. Research suggests that people who are vaccinated and who get COVID are less likely to report having long COVID symptoms compared to people who are unvaccinated. The best way to prevent Long COVID is to protect yourself from getting COVID.

Stay up-to-date with vaccines

Wear a mask

Social distance

Living with Long COVID.

Living with Long COVID can be hard especially when there are no immediate answers or solutions. However, people experiencing Long COVID can work with healthcare providers to come up with a medical management plan specifically for them and may also consider reaching out for professional mental and emotional support. Taking these steps may improve symptoms and quality of life.

For more information, visit cv.nmhealth.org/long-covid

LONG COVID SYMPTOMS

People with Long COVID have had COVID-19 and still have symptoms that can't be explained by another diagnosis for 3 months or longer after being infected. Most patients' symptoms slowly improve over time.

Mental Health Symptoms

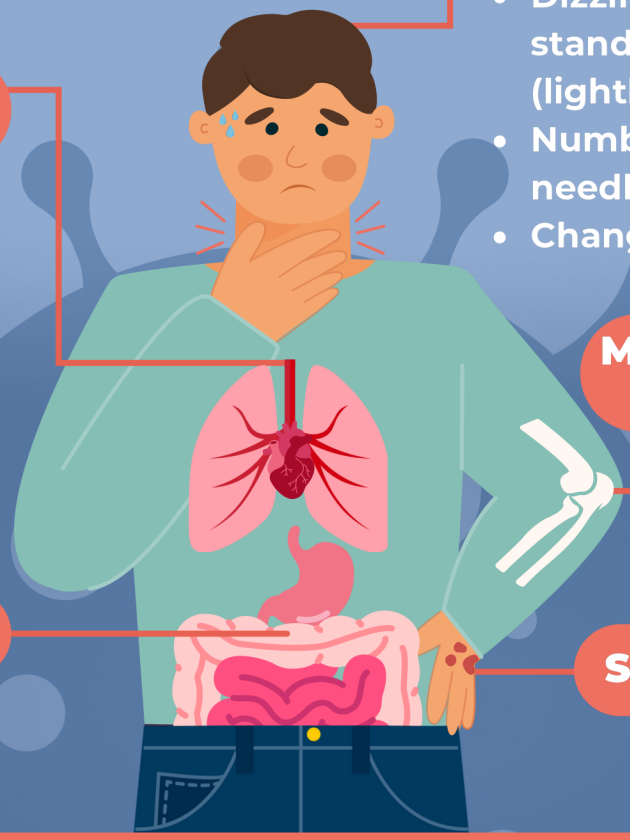
- Anxiety
- Depression

Neurological Symptoms

- Difficulty thinking or concentrating ("brain fog")
- Headache
- Sleep problems
- Dizziness when you stand up (lightheadedness)
- Numbing or pins-and-needles feelings
- Change in smell or taste

Lung and Heart Symptoms

- Difficulty breathing or shortness of breath
- Cough
- Chest pain
- Fast-beating or pounding heart (heart palpitations)



Musculoskeletal Symptoms

- Joint pain
- Muscle pain

Digestive Symptoms

- Diarrhea
- Stomach pain

Skin Symptoms

- Rash

Other Symptoms

- Fever
- Tiredness or fatigue that interferes with daily life
- Changes in menstrual cycles
- Symptoms that get worse after physical or mental effort

Source: Long Covid or post-covid conditions. (2022). Centers for Disease Control and Prevention. https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html

MYTH vs FACT

KNOW THE FACTS ABOUT COVID-19 VACCINES

MYTH: THE VACCINE WILL GIVE ME COVID.



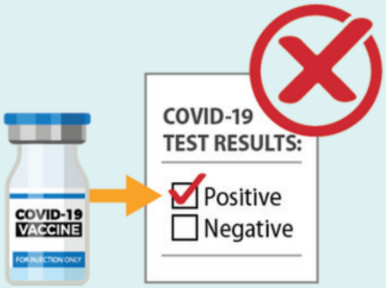
The vaccine teaches your immune system how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as aches and fever. These symptoms are normal and signs the body is building protection. Because it takes a few weeks for the body to build immunity after 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 allots, 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**

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What you need to know about the Omicron Booster

Why should I get the Omicron Booster?

- Omicron is the most infectious COVID variant so far.
- The new booster provides better protection against Omicron than the original vaccine.
- The new booster contains parts of the original COVID virus and the Omicron variant.

Can I get the Omicron Booster?

You can get the Omicron booster if you are 12 years or older and:

It has been 2 months or longer since you finished your primary series.

OR

It has been 2 months or longer since your last booster dose.

People who have had 1 or more booster shots can still get the Omicron booster 2 months after their last booster dose.

What if I recently had COVID?

People who are eligible for the Omicron booster but who had COVID recently can choose to delay their booster for 3 months after they were infected.

Visit vaccinenm.org to register and to find a vaccine near you.

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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

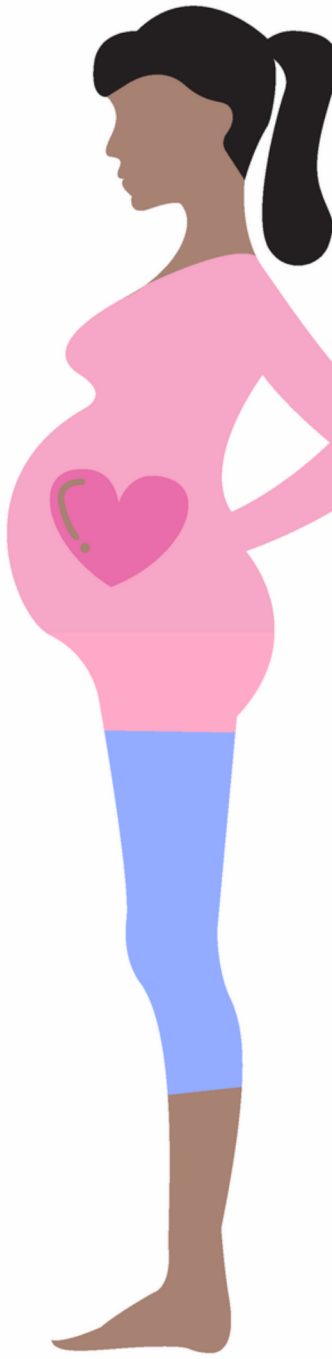
Pregnant or breastfeeding people who get a COVID-19 vaccine pass antibodies in the womb and in breastmilk that give newborn babies some protection from COVID-19.

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.



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COVID-19 vaccine for Kids (6 months and older)

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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
• **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.	• **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
- Tired
- Headache
- Dizziness
- Chills
- 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

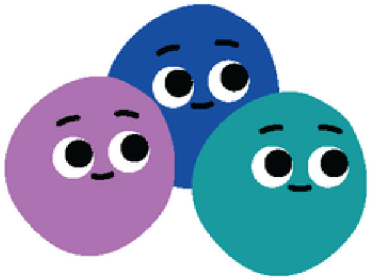
What does a vaccine do?

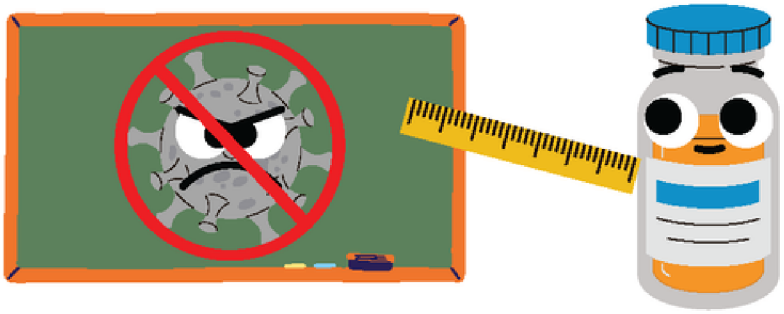


Your body has cells that help you stay healthy.

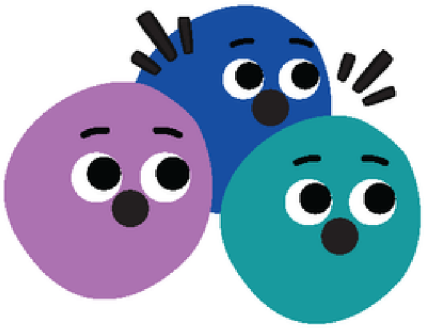
But the coronavirus will try to sneak into your body and make you feel bad!

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

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PLANNING FOR YOUR COVID-19 VACCINE

GET VACCINATED, EVEN IF YOU'VE HAD COVID

Because immunity decreases over time, it is still important to get vaccinated even if you were infected with COVID.

Vaccination after infection gives you more protection against getting reinfected or hospitalized.

IF YOU RECENTLY HAD COVID

People who have COVID can get the vaccine after they have recovered and have ended isolation. This includes people who received treatment for COVID.



If you were sick with COVID



Wait until you have recovered and are out of isolation.



You can get a COVID vaccine

You may consider waiting 3 months to get the vaccine. Studies have shown this may give a stronger immune response.

IF YOU ARE GETTING A FLU SHOT

You can get a COVID-19 vaccine and a flu vaccine at the same time.



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

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Resources

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

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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.



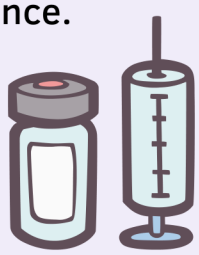
Testing for work, travel, or other reasons

- 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 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

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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.



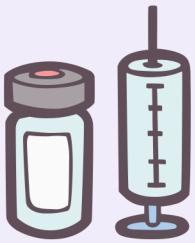
Testing for work, travel, or other reasons

- Medicaid will pay for your COVID-19 test.
- You can order COVID-19 home tests for free from 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

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



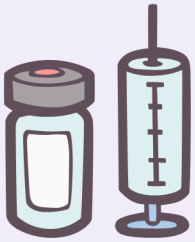
Testing for work, travel, or other reasons

- You can order COVID-19 home tests for free from 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