COVID-19 Frequently Asked Questions
SD DEPARTMENT OF HEALTH

SYMPTOMS AND POTENTIAL EXPOSURE

What are the symptoms of COVID-19?
Symptoms appear 2-14 days after exposure and can include:
- Fever or chills
- Fatigue
- Headache
- Cough
- Muscle/body aches
- New loss of taste or smell
- Shortness of breath
- Congestion/runny nose
- Sore throat
- Nausea or vomiting
- Diarrhea

Reported COVID-19 cases have ranged from mild symptoms to severe illness and death. Some infected individuals experience no symptoms at all.

Can I do a self-screening for COVID-19 symptoms and risks?
The Centers for Disease Control and Prevention has developed a screening tool that asks about:

Your symptoms
- Your potential risks (e.g., recent travel history)
- Contact with others who may have had COVID-19

What should I do if I have been in close contact with someone who has tested positive for COVID-19 or is waiting for test results to come back?

What should I do if I’ve been in contact with someone...

...who has tested positive for COVID-19?
Self-quarantine and self-monitor

...who is being tested?
Self-monitor and practice social distancing

...who might have been exposed...
Practice social distancing

...and is experiencing symptoms?
Self-quarantine and self-monitor

...but is not experiencing any symptoms (yet)?
Self-monitor and practice social distancing

"Close contact" includes:
- anyone who has been within 6 feet or less for 15 cumulative minutes or more (in a 24-hour period) of an infected person starting from the 48 hours before the person began feeling sick until the time the person was isolated.
How long can the COVID-19 virus live on surfaces?

This is a general guide of how long the virus can live on some surfaces:

<table>
<thead>
<tr>
<th>Material</th>
<th>24 HOURS</th>
<th>2 DAYS</th>
<th>3 DAYS</th>
<th>4 DAYS</th>
<th>5 DAYS</th>
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<tbody>
<tr>
<td>Cardboard</td>
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<td>Plastic (2-3 days)</td>
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<tr>
<td>Wood</td>
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<tr>
<td>Metal, Glass &amp; Paper</td>
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<tr>
<td>Aluminum (2-3 hours)</td>
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</table>

Individuals should **clean and disinfect** all surfaces in their environment daily.

After visiting public spaces or bringing in takeout food or packages, people should wash their hands for at least 20 seconds with soap and warm water.

Can I practice social distancing outside?

It's possible to follow CDC social distancing guidelines or isolation or quarantine while outdoors. Department of Health staff will provide instructions to individuals who are in isolation or quarantine specific to the person's situation.

What is the difference between isolation and quarantine?

- **Isolation** is recommended for people who are already sick. A sick person who is in isolation doesn't leave home or interact with others in the household.
- **Quarantine** is for people who have been exposed to the disease but are not sick. They stay in one place to avoid unknowingly spreading the disease to others. Quarantined individuals may not become sick at all.

Isolation and quarantine both help prevent or limit the spread of disease. **Click here** to learn more.

When is a person considered recovered from COVID-19?

A person is considered recovered when they have had no fever for at least 24 hours (without the use medicine that reduces fevers), AND there has been improvement of symptoms (for example, when your cough or shortness of breath have improved), AND at least 10 days have passed since symptoms first appeared.

Can fully vaccinated people start gathering again?

2 weeks after their final vaccine dose people can:

- Gather indoors with other fully vaccinated people without wearing a mask.
- Gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
- If they have been around someone who has COVID-19, they do not need to stay away from others or get tested unless they have symptoms. However, if they live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, they should still stay away from others for 14 days and get tested, even if they don't have symptoms.
All South Dakotans 16 years and older are eligible to receive the COVID vaccine.

COVID-19 vaccines being used in the United States meet FDA's rigorous standards for safety and effectiveness. Millions of COVID-19 vaccine doses have been administered in the United States since December 14, 2020, and all COVID vaccines being used here will continue to be monitored for safety.

The federal government is providing vaccine doses to states based on the State's population.

The federal government is providing the vaccine free of charge to all people living in the U.S.

Yes! COVID-19 vaccines being used in the United States contain only inactivated (killed) virus and will not give you COVID-19.

Yes. Scientists do not yet know how long natural antibodies in people who have had COVID-19 will be protect them from being re-infected.

Vaccines train our immune system to recognize the COVID virus and make cells to fight the virus. With vaccines, we can build immunity to a disease without getting the disease.

Vaccines provide the body with a harmless form of the virus that trains the immune system. It cannot cause COVID-19. It can cause a mild, self-limiting illness, but the severity is usually much less than that of the COVID-19 disease.

Yes. COVID-19 vaccines being used in the United States contain only inactivated (killed) virus and will not give you COVID-19.

The federal government is providing vaccine doses to states based on the State's population.

How many doses of COVID-19 vaccine will SD receive?

Who is eligible for the vaccine?

Why should I get vaccinated for COVID-19?

Are the COVID-19 vaccines safe?

How much will the COVID-19 vaccine cost?

Will the shot hurt or make me sick?

Can the vaccine give me COVID-19?

How do COVID-19 vaccines work?

Do I need to get a COVID-19 vaccine if I’ve already had COVID-19?
**Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?**

Yes. People who want to get pregnant in the future can receive the COVID-19 vaccine. Experts believe that COVID-19 vaccines are unlikely to pose a risk to a person trying to become pregnant in the short or long term.

**Is the COVID-19 vaccine safe for people who are pregnant?**

Yes. If you are pregnant, you may choose to be vaccinated when it's available to you. There is currently no evidence that antibodies formed from COVID-19 vaccination cause any problem with pregnancy, including the development of the placenta.

People who are trying to become pregnant now or who plan to try in the future may receive the COVID-19 vaccine when it becomes available to them. There is no evidence that fertility problems are a side effect of any vaccine, including COVID-19 vaccines. There is no routine recommendation for taking a pregnancy test before you get a COVID-19 vaccine.

If you have questions about getting vaccinated, talking with a healthcare provider may help you make an informed decision.

**Will the COVID-19 vaccine prevent me from infecting others?**

COVID-19 vaccines reduce the likelihood that you will develop and be able to spread COVID-19. More studies are needed to determine whether a vaccinated person who is infected despite vaccination is less likely to infect others.

**Do the vaccines work on the new COVID variants?**

Scientists are studying different forms, or variants of the virus that causes COVID-19 to see whether existing vaccines will protect people against them. CDC, in collaboration with other public health agencies, is monitoring the situation closely and will release more information when it is available.

**Where can I go for emotional health support?**

If you or someone you know needs help with mental health issues like depression, anxiety, or suicidal thoughts, call 1.800.273.8255 or 211.

It's natural to feel stress, anxiety, grief, and worry during this time. Everyone reacts differently, and your own feelings may change over time. Taking care of your emotional health will help you think clearly and react to urgent needs to protect you and your family.

605Strong.com has emotional health information and resources available to help.

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**GENERAL RESOURCES**

**READ SOUTH DAKOTA'S BACK TO NORMAL PLAN AND LEARN MORE ABOUT COVID-19 IN SOUTH DAKOTA AT COVID.sd.gov**

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