**FREQUENTLY ASKED QUESTIONS**

**SYMPTOMS AND POTENTIAL EXPOSURE**

**What are the symptoms of COVID-19?**
Symptoms appear 2-14 days after exposure and can include:
- Fever or chills
- Cough
- Muscle or body aches
- Headache
- Loss of taste or smell
- Congestion or runny nose
- Ear pain
- Sore throat
- Nausea or vomiting
- Diarrhea
- Chills
- Fatigue

**How long can the virus live on some surfaces?**

<table>
<thead>
<tr>
<th>Surface</th>
<th>Life Expectancy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardboard</td>
<td>2-3 days</td>
</tr>
<tr>
<td>Plastic</td>
<td>2-3 days</td>
</tr>
<tr>
<td>Glass, Metal</td>
<td>2-3 days</td>
</tr>
<tr>
<td>Paper</td>
<td>2-3 days</td>
</tr>
<tr>
<td>Cloth</td>
<td>3 days</td>
</tr>
<tr>
<td>Wood</td>
<td>5 days</td>
</tr>
<tr>
<td>Leather, Vinyl</td>
<td>48 hours</td>
</tr>
<tr>
<td>Porcelain, Concrete, Ceramic, Glass, Metal</td>
<td>2-3 days</td>
</tr>
</tbody>
</table>

**What should I do if I've been in contact with someone who tested positive for COVID-19?**

- Isolation is recommended for people who are already sick. A sick person is not contagious before symptoms begin. A person who is infected with COVID-19 can spread the virus while feeling sick. A person who is isolated doesn’t leave home or interact with others in the household. They stay in one place to avoid unknowingly spreading the disease to others.
- Social distancing is recommended for people who are not sick. They stay 6 feet away from others. They avoid large gatherings. They stay home if sick or sick with fever or cough.
- Self-monitoring is recommended for people who might have been exposed. They stay home and away from others for 14 days and get tested, even if they don’t have symptoms.

**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 of fever-reducing medications), and their cough or shortness of breath have improved, and at least 10 days have passed since symptoms began.

**Are the COVID-19 vaccines safe?**
Yes! 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.

**Do I need to get a COVID-19 vaccine if I’ve already had COVID-19?**
Yes. Scientists do not yet know how long natural antibodies in people who have had COVID-19 will protect them from being re-infected. Studies are needed to determine whether a vaccinated person who is infected despite vaccination is affected.

**Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?**
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 or harm to the baby. 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. 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.

**Can the vaccine give me COVID-19?**
No. Some people might get sore muscles, feel tired, or have mild fever after getting the vaccine, but most people report only a sore arm where they got the shot. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will go away on their own in a few days. If you have any concerns, call your doctor or nurse.

**Can fully vaccinated people start gathering again?**
Yes! 2 weeks after their final vaccine dose people can:
- Gather indoors with other fully vaccinated people without wearing a mask.
- Go to places that require masks without a mask, like grocery stores or public transit.
- Go to places in public where social distancing is difficult like bars, restaurants, and houses.

**How many doses of COVID-19 vaccine will SD receive?**
The federal government is providing vaccine doses to states based on the State’s population. As of April 1, 2021, South Dakota has received 507,460 doses of COVID-19 vaccine. These doses can be used to vaccinate 253,730 people.

**Are the COVID-19 vaccines free?**
The federal government provides 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. United States since December 14, 2020, and all COVID vaccines being used here will continue to be monitored for safety.

**How long will it take to receive a COVID-19 vaccine?**
The federal government provided enough vaccine doses to cover the people living in the United States. It’s important to get vaccinated when your state/district or community provides the COVID-19 vaccine.

**How do I find an appointment for the COVID-19 vaccine?**
- Call your doctor or health care provider.
- Go to the website of the COVID-19 vaccination center that you would like to get vaccinated at. You can find this website at the location of the vaccination center.
- Call a local pharmacy that administers COVID-19 vaccination, if any.
- Visit the My Dakota website to find an upcoming COVID-19 vaccination.

**The Centers for Disease Control and Prevention has developed a screening tool that requires hospital care or cause death.**
Symptoms can affect you. And if you get sick, you could spread the disease to friends, family, and others around you. COVID-19 can cause serious illness or even death. Some infected individuals experience no symptoms at all. 

**How long will the vaccine protect me?**
There is currently no evidence that antibodies formed from COVID-19 vaccination cause any problem with pregnancy or harm to the baby. 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.

**What happens if I get COVID-19 after getting vaccinated?**
If you are vaccinated, you may still get COVID-19. It is possible that a vaccinated person could get a very mild case of COVID-19. But many people have gotten sick enough from COVID-19 that they had to go to the hospital or died. People who have been vaccinated should stay home if they are sick, wear a mask when they are out, and practice social distancing. Vaccines train our immune system to recognize the COVID virus and make cells to fight the virus. Scientists believe that COVID-19 vaccines will prevent most people from getting COVID-19 and will be protect them from being re-infected.

**What if I don’t get vaccinated?**
You are still at risk of getting COVID-19 and spreading it to friends, family, and others around you. 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.

**COVID-19 can cause serious illness or even death.**
There is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you. COVID-19 can cause serious illness or even death. Some infected individuals experience no symptoms at all.

**How are COVID-19 vaccines made?**
Vaccines train our immune system to recognize the COVID virus and make cells to fight the virus. Scientists learn about a virus by studying it in the laboratory. They use this information to create vaccines that train the body’s immune system to recognize the virus and fight off the infection. The vaccine is made so that it doesn’t make you sick. Instead, the vaccine helps prepare your immune system to fight off the virus if you are exposed to it. 

**Do the COVID-19 vaccines require boosters?**
At the present time, the COVID-19 vaccines do not require boosters. CDC, in collaboration with other public health agencies, is monitoring the situation closely and will release more information when it is available.

**What if I fall sick after getting vaccinated?**
It’s possible to get COVID-19 if you receive a COVID-19 vaccine. If you receive a COVID-19 vaccine, then you could get COVID-19. It is possible that a vaccinated person could get a very mild case of COVID-19. But many people have gotten sick enough from COVID-19 that they had to go to the hospital or died. People who have been vaccinated should stay home if they are sick, wear a mask when they are out, and practice social distancing.

**Where can I go for emotional health support?**
605Strong.com has emotional health information that can help you react to urgent needs to protect you and your family. It’s natural to feel stress, anxiety, grief, and worry when you have been exposed to a dangerous virus like COVID-19. But it is important to take care of your emotional health. This includes taking deep breaths, getting enough sleep, and eating a healthy diet. If you or someone you know needs help with mental health issues like depression, anxiety, or suicidal thoughts, you can contact the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or text “Crisis Text Line” to 741741.