

COVID-19 health and safety guidance

Health- and safety-related topics

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Updates from Campus Leaders

UMaine Now: Break and beyond

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UMaine Now: Maintaining the Momentum

Published: February 15, 2022

UMaine Now: Staying up to date

Published: February 8, 2022

I have tested positive for COVID-19. How long do I need to wait before getting a booster shot?

January 26, 2022 | [Faculty and staff information](#), [Health and safety](#), [Student information](#), [Testing](#), [Vaccine](#)

Following completion of the 5 days of self-isolation from the onset of COVID-19 symptoms, you can get a booster shot, according to the CDC. That should include 24 hours with no fever without the use of fever-reducing medications, and improvement of other symptoms of COVID-19 (with the exception of loss of taste or smell).

[According to the CDC vaccination guidance](#), people with COVID-19 who have symptoms should wait to be vaccinated until they have recovered from their illness and [met the criteria for discontinuing isolation](#); those without symptoms should also wait until they meet the criteria before getting vaccinated.

This guidance also applies to people who get COVID-19 before getting their second dose of vaccine.

In addition, the CDC recommends that people who have had a known COVID-19 exposure should not seek vaccination until their quarantine period has ended to avoid potentially exposing health care personnel and others during the vaccination visit. This recommendation also applies to people with a known COVID-19 exposure who have received their first dose of an mRNA vaccine, but not their second.

[According to the CDC booster shot guidance](#), booster shots can be administered at least 5 months after the second dose of the Moderna or Pfizer vaccines, or at least 2 months after receiving the single dose of Johnson & Johnson vaccine.

