If you are NOT VACCINATED and have been in close contact with someone...

...who is being tested?

Complete a COVID-19 Report Form and quarantine until the person who you’ve been in contact with gets their result.”

...who has tested positive for COVID-19?

Report using the COVID-19 Report Form and Quarantine for 10 days (14 days for students living on-campus), Self Monitor AND Get Tested

...and IS experiencing symptoms?

Quarantine for 10 days (14 days for students living on-campus) regardless of YOUR test result

...but IS NOT (yet) experiencing symptoms?

Self-Monitor, Practice Physical Distancing, Wash Hands & Wear a Mask

If you become symptomatic, isolate 10 days from onset of symptoms AND you are fever-free for 1 day

...who might have been exposed...

...who has been in close contact with someone ELSE who might have been exposed

...who has tested negative for COVID-19?

...who is being tested?

Close contact is being within 6 feet of a positive case for 15 or more continuous minutes.

COVID-19 SYMPTOMS INCLUDE: fever, cough, shortness of breath, chest pain, sore throat, loss of taste or smell, headache

Information sourced from the Centers for Disease Control and Prevention and the Minnesota Department of Health

mnsate.edu/dragons-care

Minnesota State University Moorhead is an equal opportunity educator and employer. This information will be made available in alternate format, or if a disability-related accommodation is required, please contact Accessibility Resources at 218.477.4318 (voice) or 1.800.627.3529 (MRS/TYY).
Am I experiencing symptoms of COVID-19?

- **NO**
  - Have I been in close contact with someone who has symptoms?
    - **NO**
      - Self-Monitor, Practice Physical Distancing, Wash Hands & Wear a Mask
    - **YES**
      - Complete a COVID-19 Report for resources and referral for testing. Self-quarantine for 14 days and monitor symptoms, it may take up to 14 days for symptoms to appear after exposure
      - Stay home as much as possible. Use online services to get essential needs. If you need to go out into public, wear a mask, stay 6 feet apart, don’t touch your face, and wash your hands often
      - Did I develop symptoms during my 14 days of quarantine?

- **YES**
  - Complete a COVID-19 Report for resources and referral for testing.
    - If you have symptoms, please isolate for 10+ days since the onset of symptoms AND until you are fever-free for 1 day without using fever-reducing medication.

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**Quarantine**
separates and restricts the movement of people who were exposed to contagious disease to see if they become sick

- Stay home and do not go out into public
- Stay away from people in your home as much as possible

**Isolation**
separates sick people with a contagious disease from people who are not sick

- Wear a facemask during every interaction with your care taker
- Avoid sharing personal household items such as bedding, towels, and dishes

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**COVID-19 SYMPTOMS INCLUDE:** fever, cough, shortness of breath, chest pain, sore throat, loss of taste or smell, headache

Information sourced from the Centers for Disease Control and Prevention and the Minnesota Department of Health

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