If you are VACCINATED and have been in close contact with someone COVID positive...

Wear your mask

Test 3-5 days after date of exposure

...do not need to quarantine, unless you test positive

if you test positive

report positive test result

if you test negative, you no longer need to quarantine for full 14 days from date of exposure

Isolate for 10 days. As long as you do not have a fever on Day 10, you can be out of isolation Day 11.

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

Vaccinated people are more likely to be asymptomatic

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

mnstate.edu/dragons-care
Am I experiencing symptoms of COVID-19?

Have I been in close contact with someone who has symptoms?

NO

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

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?

NO

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

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

VS.

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

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

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.

YES

NO

NO

YES

NO