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

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

...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

...who might have been exposed...

...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

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

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

mnstate.edu/dragons-care
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 10 days (14 days for students living on-campus) and monitor symptoms. It may take up to 14 days for symptoms to appear after exposure

- 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.

Did I develop symptoms during my quarantine?

- NO
- YES

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

VS.

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

**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

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

mnstate.edu/dragons-care