



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

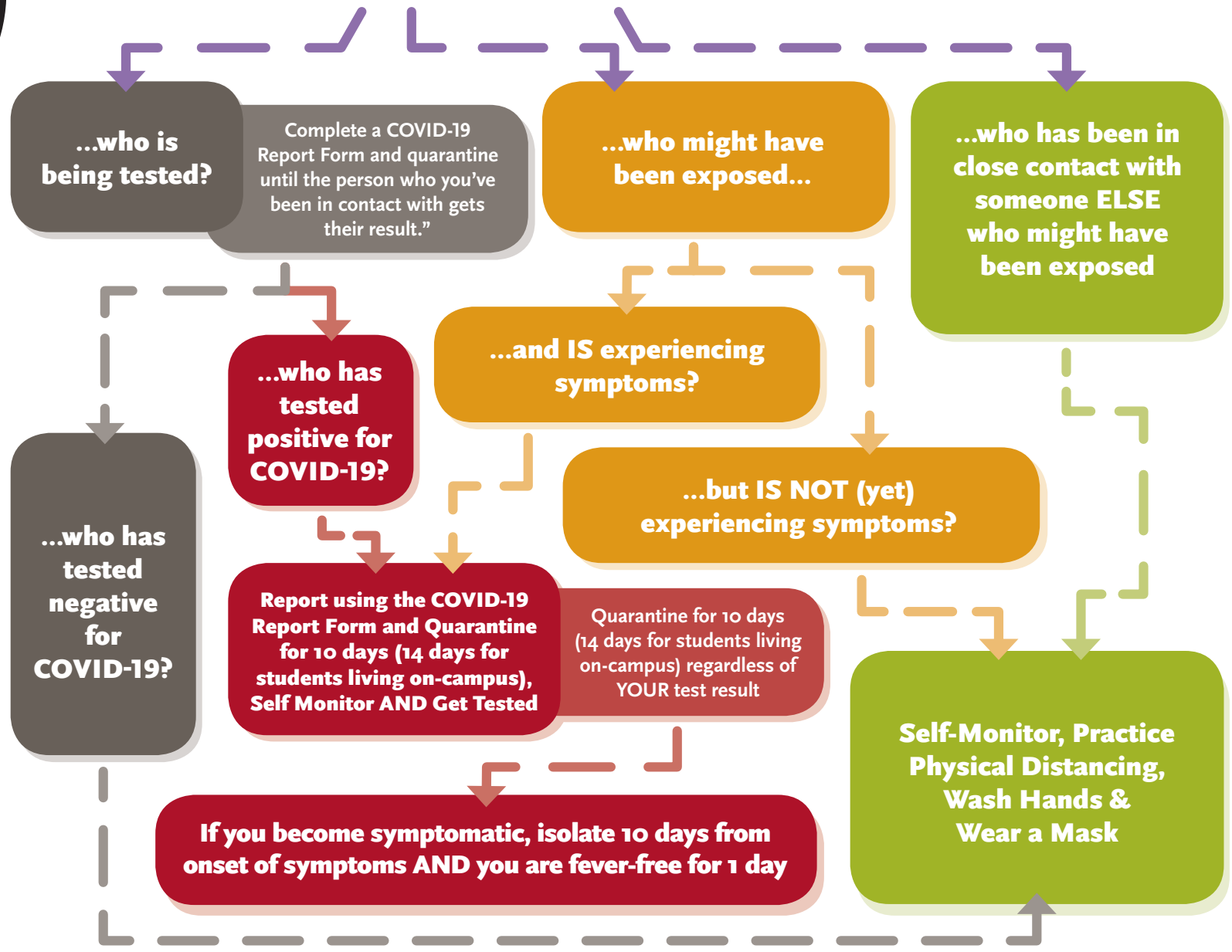
*Close contact* is being within 6 feet of a positive case for 15 or more continuous minutes.

**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](http://mnstate.edu/dragons-care)



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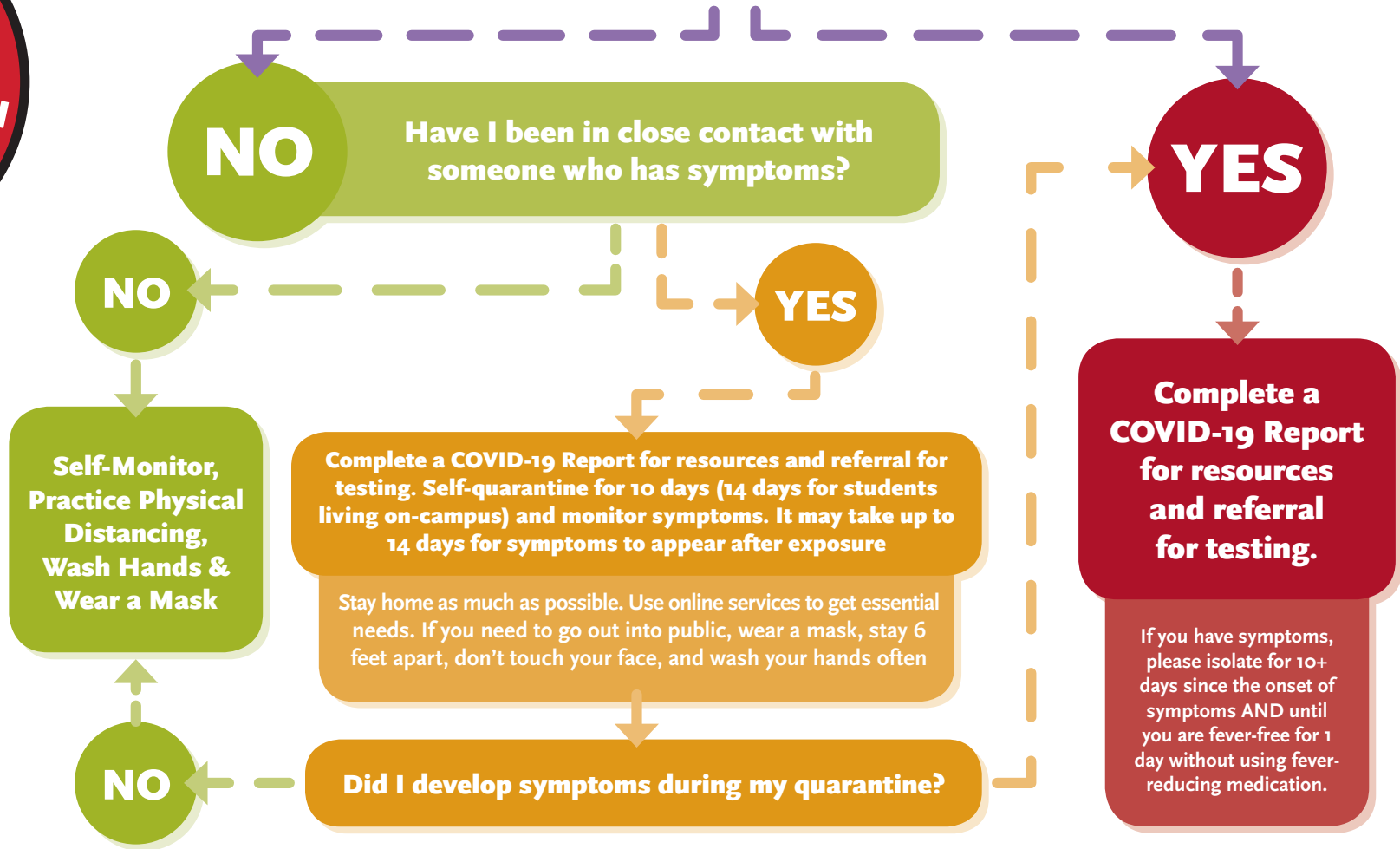
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# Am I experiencing symptoms of COVID-19?



<i>Quarantine</i>	<b>VS.</b>	<i>Isolation</i>
separates and restricts the movement of people who were exposed to contagious disease to see if they become sick		separates sick people with a contagious disease from people who are not sick
<b>WHILE IN ISOLATION...</b>		
<ul style="list-style-type: none"> <li>- Stay home and do not go out into public</li> <li>- Stay away from people in your home as much as possible</li> </ul>		<ul style="list-style-type: none"> <li>- Wear a facemask during every interaction with your care taker</li> <li>- Avoid sharing personal household items such as bedding, towels, and dishes</li> </ul>