

# What to Do if You Have Had Close Contact With a Person With COVID-19

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In general, a close contact (exposure) means being less than 6 feet from someone with COVID-19 for 15 minutes or more throughout a 24-hour period. However, even shorter periods of time or longer distances can result in spread of the virus.

COVID-19 can take up to 14 days to make you sick, and some people with COVID-19 never feel sick, so you may need to separate yourself from others so you don't spread the virus without knowing it.

If you are at high risk of severe illness, you may be able to get medicine to prevent disease. Visit [COVID-19 Medication Options \(www.health.state.mn.us/diseases/coronavirus/meds.html\)](https://www.health.state.mn.us/diseases/coronavirus/meds.html) for more information.

**Fully vaccinated:** It has been 14 days (two weeks) since you received the second dose in a two-dose series or the first dose in a one-dose series of a COVID-19 vaccine.

**Not fully vaccinated:** Either you have not been vaccinated or it has not yet been 14 days (two weeks) since your last dose in your COVID-19 vaccine series.

**Quarantine:** Staying home and away from others when you might have been exposed to the virus.

**Isolation:** Staying home and away from others when you test positive, feel sick, or have symptoms of the virus.

## If you are not fully vaccinated

- Stay home and away from others (quarantine) and wear a mask if other people are around.
- Get tested immediately. If the test is negative, test again five to seven days after the last time you were exposed.
- Watch for symptoms for 14 days. If you start to have any symptoms, get tested again right away.
- If you test positive or start to have symptoms, follow the recommendations on [If You Are Sick or Test Positive \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](https://www.health.state.mn.us/diseases/coronavirus/sick.html).

## If you are fully vaccinated

- Get tested five to seven days after exposure.
- Wear a mask in public, indoor settings for 14 days following exposure or until you receive a negative test result.

- Consider wearing a mask at home for 14 days or until you receive a negative test result if you live with someone who is immunocompromised, at increased risk of severe disease, or unvaccinated.
- You do not need to quarantine if you do not have any symptoms of COVID-19. You should watch for symptoms for 14 days.
- If you start to have any symptoms, stay home and away from others immediately (isolate), get tested again, and follow the other recommendations on [If You Are Sick or Test Positive](https://www.health.state.mn.us/diseases/coronavirus/sick.html) ([www.health.state.mn.us/diseases/coronavirus/sick.html](https://www.health.state.mn.us/diseases/coronavirus/sick.html)).

## If you had COVID-19 in the past three months

If you have recovered from COVID-19 in the past three months and are exposed again:

- You do not need to get tested, unless you develop symptoms of COVID-19.
- You do not need to quarantine if ALL of the following are true:
  - Your illness was laboratory confirmed in the past three months.
  - You have fully recovered.
  - You do not currently have any symptoms of COVID-19.

## If you are a K-12 student

If you are a student in an indoor K-12 classroom setting and were within 3-6 feet of another student with COVID-19, you do not need to quarantine if both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time. This exception does not apply to teachers, staff, or other adults in the indoor classroom setting. For more information about close contacts in schools, refer to [Schools and Child Care COVID-19: Best Practice Recommendations](https://www.health.state.mn.us/diseases/coronavirus/schools/plan.html) ([www.health.state.mn.us/diseases/coronavirus/schools/plan.html](https://www.health.state.mn.us/diseases/coronavirus/schools/plan.html)).

## If you live or work in a health care facility

People who live or work in a health care or long-term care facility, have been vaccinated, and have a COVID-19 exposure should refer to [COVID-19 Recommendations for Health Care Workers](https://www.health.state.mn.us/diseases/coronavirus/hcp/hcwrecs.pdf) ([www.health.state.mn.us/diseases/coronavirus/hcp/hcwrecs.pdf](https://www.health.state.mn.us/diseases/coronavirus/hcp/hcwrecs.pdf)).

## How to quarantine



**Stay home.** Do not go to work, school, or any other place outside the home except for testing or needed medical care. Stay away from others, including people who are fully vaccinated.



**Separate yourself from other people in your home**, especially from those who are at risk for getting very sick from COVID-19, including older adults, those living in long-term care facilities, and people with health conditions like asthma, diabetes, heart disease, obesity, or weakened immune systems. If possible, stay in a specific room and away from other people in your home. Use a separate bathroom if you can.



**Do not use public transportation**, ride-sharing (such as Uber or Lyft), or taxis.



**Wear a mask** if around other people. Cover your mouth and nose with a tissue when you cough or sneeze, then wash hands thoroughly.



**Wash your hands** often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol.

## How long to quarantine

If you have not been fully vaccinated and were exposed to someone with COVID-19, the safest option is to stay home and away from others for 14 days. In certain situations, you may end your quarantine after 10 days, or after seven days with a negative COVID-19 test result. You cannot end your quarantine before seven days for any reason.

You should stay away from others for 14 days if:

- Someone in your home has COVID-19. The 14-day quarantine period starts the day after the person with COVID-19 completes their isolation period.
- You live in a building with other people, where it's either easy to spread the virus or there are many people at high risk for getting COVID-19, like a long-term care facility.
- You work in health care, or congregate care setting, such as long-term care or a correctional facility.

### The Safest Option: 14-Day Quarantine



If you live with someone who has COVID-19, you should quarantine during the time they might be contagious (their isolation period), as well as the 14 days after when you could develop COVID-19. **This may mean you need to quarantine for 24 days or more.**

### The Safest Option: 14-Day Quarantine



A shortened quarantine period may be considered if **ALL** of the following are true:

- You have not had any symptoms.
- You have not had a positive test for COVID-19.
- No one in your home has COVID-19, and you do not live in a building with other people, where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.

## WHAT TO DO IF YOU HAVE HAD CLOSE CONTACT WITH A PERSON WITH COVID-19

- You do not work in health care or congregate care setting, such as long-term care or a correctional facility.
- You had a defined exposure, meaning a known exposure with a beginning and an end.

If all of the above conditions are true, quarantine may be shortened to:

- 10 days without testing – normal activities begin on day 11.

### Under Certain Conditions: 10-Day Quarantine



- Seven days with a PCR-negative test (not an antigen test or antibody/blood test) if you got tested at least five full days after the last time you were in contact with someone with COVID-19. Normal activities begin on day eight.

### With a Negative COVID-19 Test Between Days 5-7: 7-Day Quarantine



After stopping a shortened quarantine continue to:

- Wear a mask, stay 6 feet from others, wash hands, and avoid crowds or settings with people who are at risk of severe illness from COVID-19.
- Watch for symptoms until 14 days after exposure. If any symptoms occur, stay away from others right away and get tested.



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