**COVID-19 – CONTACT EXPOSURE TOOL**

**DO I NEED TO SELF-ISOLATE / QUARANTINE?**

Based on the best scientific advice currently available

This guidance is for **people with NO fever or respiratory symptoms currently and are not healthcare workers**

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**BEEN IN CONTACT WITH A PERSON WHO HAS TESTED POSITIVE FOR COVID-19**

- **CLOSE CONTACT TO POSITIVE CASE**
  - Option A: If this is you...
    - Close contacts are typically identified and given guidance by the North Dakota Department of Health. Quarantine for 14 days, from last exposure.
  - Option B: If this is you...
    - Okay to go to work. Practice social distancing and good hand washing hygiene. If you develop fever or symptoms, stay home. Call ahead before seeking care from your primary healthcare provider.
  - Option C: If this is you...
    - Okay to go to work. Practice social distancing and good hand washing hygiene. If you develop fever or symptoms, stay home. Call ahead before seeking care from your primary healthcare provider.

**BEEN IN CONTACT WITH A PERSON WHO IS BEING TESTED FOR COVID-19 AND WAITING RESULTS**

- **CLOSE CONTACT TO TESTED CASE**
  - Option A: If this is you...
    - Quarantine until you learn that the person tested negative. If the person tests positive, quarantine for 14 days. If you develop fever or symptoms, stay home. Call ahead before seeking care from your primary healthcare provider.
  - Option B: If this is you...
    - Okay to go to work. Practice social distancing and good hand washing hygiene. If you develop fever or symptoms, stay home. Call ahead before seeking care from your primary healthcare provider.
  - Option C: If this is you...
    - Okay to go to work. Practice social distancing and good hand washing hygiene. If you develop fever or symptoms, stay home. Call ahead before seeking care from your primary healthcare provider.

**PERSON WHO IS WELL, BUT TRAVELED IN THE LAST 14 DAYS**

- **CLOSE CONTACT TO TRAVELER**
  - Option A: If this is you...
    - Okay to go to work. Practice social distancing and good hand washing hygiene. If you develop fever or symptoms, stay home. Call ahead before seeking care from your primary healthcare provider.
  - Option B: If this is you...
    - Okay to go to work. Practice social distancing and good hand washing hygiene. If you develop fever or symptoms, stay home. Call ahead before seeking care from your primary healthcare provider.
  - Option C: If this is you...
    - Okay to go to work. Practice social distancing and good hand washing hygiene. If you develop fever or symptoms, stay home. Call ahead before seeking care from your primary healthcare provider.

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**Testing Criteria for North Dakota**

- People with these symptoms or combinations of symptoms
  - Cough
  - Shortness of breath or difficulty breathing
- or at least two of these symptoms:
  - Fever
  - Sore Throat
  - Headache
  - Repeated Shaking with Chills
  - Shortness of Breath or Difficulty Breathing

*This list is not all inclusive*

**Guidance as of 04/28/2020**

- Close contact means being within 6 ft. for a prolonged period of time (10 to 15 minutes), or any household contacts.
- Note: If you have a connection that is more distant than the options described, you do not need to do anything more than social distancing and practice good hygiene, which is recommended for everyone. People connected to you do not need to do anything different from everyone else, unless they themselves have risks due to some other exposure.