



**Positive Case
COVID-19**

Based on the best scientific advice currently available
this guidance is for people with NO symptoms of illness and who
are not healthcare workers.



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

CLOSE CONTACT
TO POSITIVE CASE
A

Person A: If this is you...

Close contacts are typically identified and given guidance by the North Dakota Department of Health, which includes instructions to quarantine for 14 days from last exposure to the positive case. If you, as a close contact, are tested for COVID and have a negative test during your quarantine period, you still need to remain quarantined until formally released by the ND Department of Health.

CLOSE CONTACT
TO PERSON A
B

Person B: If this is you...

Okay to go to work. Practice social distancing, wear a mask in public when social distancing is difficult, and follow good hand washing hygiene. If you develop fever or symptoms, stay home. Call ahead before seeking care from your primary healthcare provider.

CLOSE CONTACT
TO PERSON B
C

Person C: If this is you...

Okay to go to work. Practice social distancing, wear a mask in public when social distancing is difficult, and follow good hand washing hygiene. If you develop fever or symptoms, stay home. Call ahead before seeking care from your primary healthcare provider.

IF you have had a positive COVID-19 test (nasal or oral swab), have completed your isolation period, and have been released from isolation from the ND Department of Health, you may return to normal daily activities.

Once you have tested positive, you **DO NOT** need to have further COVID-19 testing (unless required by your employer).

Adapted from Harvard University Health Sciences, 03/16/20

Symptoms of COVID-19 (This list is not all inclusive)

Guidance as of 07/08/2020

- | | | |
|---------------|---|------------------------|
| ◆ Cough | ◆ Congestion or runny nose | ◆ Chills |
| ◆ Fever | ◆ Nausea or vomiting | ◆ Diarrhea |
| ◆ Headache | ◆ Repeated shaking with chills | ◆ Muscle or body aches |
| ◆ Fatigue | ◆ New loss of taste or smell | |
| ◆ Sore throat | ◆ Shortness of breath or difficulty breathing | |

- Close contact means being within 6 ft. for a prolonged period of time (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.