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

Positive Case COVID-19

BEEN IN CONTACT WITH A PERSON WHO HAS TESTED POSITIVE FOR COVID-19
CLOSE CONTACT TO POSITIVE CASE
CLOSE CONTACT TO PERSON A
CLOSE CONTACT TO PERSON B

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.

Not sure of Test Results

BEEN IN CONTACT WITH A PERSON WHO IS BEING TESTED FOR COVID-19 AND WAITING RESULTS
CLOSE CONTACT TO TESTED CASE
CLOSE CONTACT TO PERSON A
CLOSE CONTACT TO PERSON B

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
CLOSE CONTACT TO PERSON A
CLOSE CONTACT TO PERSON B

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.

Testing Criteria for North Dakota
- Fever or 2 of the following signs/symptoms of respiratory illness with new or worsening onset:
  - Cough
  - Shortness of Breath
  - Runny Nose
  - Sore throat
  - Chills
  - Headache
  - Myalgia
  - Fatigue
  - Loss of Taste and/or Smell

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.

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

Guidance as of 04/07/2020