I Have COVID-19:
How Do I Notify My Close Contacts?

NORTH
Dakota | Health
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IT IS IMPORTANT THAT YOU **NOTIFY YOUR CLOSE CONTACTS** SO THEY ARE AWARE OF THEIR EXPOSURE AND CAN TAKE MEASURES TO STOP COVID-19 TRANSMISSION.

What is My Infectious or Contagious Period?

Enter the date you first had symptoms or if you do not have symptoms, the day you were tested for COVID-19.

This is your **Onset Date/Test Date**: _____

Two Days Prior is your **Infectious/Contagious Date**: _____

Add 10 days to the **Onset Date/Test Date** to find your **Release from Isolation Date**: _____ If you haven't had a fever for 24 hours and your symptoms are improving by your release from isolation date, then you are no longer able to transmit your infection to others. Please stay isolated through the end of this day.

Example Infectious Period Calculations: Anyone you would have close contact with during the shaded time period would be recommended to quarantine for 14 days AFTER the last date they were in contact with you.

1	2	3	4	5	6	7
8 **Contagious Date**	9	10 **Onset Date/Test Date** (if no symptoms)	11	12	13	14
15	16	17	18	19	20 **Release from Isolation Date @ 11:59PM**	21
22	23	24	25	26	27	28
29	30					

What Should I Say to My Close Contacts?

You can start the conversation by using the following message:

"Hi _____. I have been diagnosed with COVID-19 and I am reaching out to you because you may have been exposed to COVID-19. You should quarantine for 14 days from when we last met and follow the recommendations in the North Dakota Department of Health Close Contact Factsheet I will be providing to you.

Who Should I Notify?

Think about people you have been in close contact with during your infectious period at work, school, child care, in-person appointments, social gatherings, etc. **Close Contact** is anyone you were within 6 feet of for a total of 15 cumulative minutes or more and anyone you coughed or sneezed on while you were infectious.

Email your close contacts the CLOSE CONTACT factsheet. Be sure to notify your work supervisor, school, child care, college/university, coach, social gathering organizers, etc.

Use the Following Tool to Help You Document your Close Contacts

List all the people that lived in your household while you were infectious/contagious:

_____   _____   _____

_____   _____   _____

List all the people you have had close contact with while you were infectious/contagious:

_____   _____   _____

_____   _____   _____

_____   _____   _____

_____   _____   _____

List all your workplaces, volunteer places, schools, childcares, college/universities you were at while you were infectious/contagious:

_____   _____   _____

_____   _____   _____

For more information or if you need help determining who your close contacts are, please contact the public health hotline at 1-866-207-2880.