YOU ARE A CLOSE CONTACT TO A COVID-19 CASE, NOW WHAT?

This guidance is for people who were identified as a Close Contact to a COVID-19 positive individual. This is defined as someone within 6 feet for 15 cumulative minutes or more in a 24-hour period while the case is deemed to be infectious (48 hours prior to their onset of symptoms; for asymptomatic cases, 48 hours prior to the date they were tested.)

Monitoring Period

Remain at home or in a comparable setting for the duration of your quarantine period. Avoid congregate settings, public activities, and practice social distancing. This means you should remain out of public places where close contact with others may occur (e.g., shopping centers, movie theaters, stadiums), workplaces, schools and other classroom settings, and public conveyances (e.g., bus, subway, taxi, side share) for the duration of your monitoring period.

You are recommended to monitor yourself for symptoms for 14 days following your last potential exposure to a person with COVID-19. This does NOT mean that you will get sick with COVID-19. Household contacts to a confirmed COVID-19 case will need to monitor themselves and quarantine during the duration of the case's infectious period AND for 14 days after the case is released from isolation.

There is an option for close contacts to reduce the number of days they will need to quarantine following an exposure to a COVID-positive individual.
• If you are tested and receive a negative result from a viral COVID-19 test (PCR), you can reduce your quarantine to seven days. This test must occur on day 5 or later from your last exposure date.
You must continue to quarantine while awaiting test results.

Vaccinated individuals can be exempt from quarantine and COVID-19 testing if:

o The individual is fully vaccinated for COVID-19 (i.e. ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine) **AND** remains symptom-free following the exposure.

The CDC recommends that fully vaccinated individuals who remain symptom-free do not need to quarantine but should get tested for COVID-19 3-5 days following an exposure and are required to wear a mask in public indoor settings in accordance with the TMBCI Mask Mandate.

*Please note, if you are a household contact, your quarantine period will begin after the case is released from isolation.

After stopping quarantine, you should:

Watch for symptoms until 14 days after exposure.
• If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare
provider.
• Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the
spread of COVID-19.

Residents of long-term care facilities and other congregate living settings, and certain healthcare workers, are exempt from reduced quarantine guidance and should continue to quarantine for the full 14 days.
Consider being tested 7-10 days after your last exposure to a COVID-19 case, even if you do not have symptoms and plan to quarantine for the full 14-day period. Free public testing throughout North Dakota is available to anyone who would like to be tested for COVID-19.

The CDC recommends that fully vaccinated individuals who remain symptom-free do not need to quarantine but should get tested for COVID-19 3-5 days following an exposure and in accordance with the **TMBCI Mask Mandate – Resolution TMBC741-08-21-** everyone is required to wear a mask in public indoor settings for 14 days or until they receive a negative test result.

Check https://tmchippewa.com/covid-19-news-resources/ for a schedule of free testing sites, times and dates.

If you become sick and are tested for COVID-19 during this period and are found to be Positive. The TMBCI Contact Tracing Unit will work with you on continuing your monitoring as a confirmed case of COVID-19.

Individuals in your household that are contacts to contacts do not have to quarantine unless they have been notified that they are also a direct close contact to a confirmed case.

Check your temperature and symptoms

It is very important for you to monitor your health daily so that you can be taken care of and treated quickly if you get sick. Based on what is known from other coronavirus infections, 14 days is the longest time between when you were last exposed to COVID-19 and when symptoms begin.

• Take your temperature (use as directed in the thermometer instructions) 2 times a day: once in the morning and again in the evening (if you forget, take your temperature as soon as you remember)
• You should also check your temperature anytime you feel like you have a fever or feel feverish.
• Write down your temperature twice a day, every day along with any of the symptoms listed below.

If you have fever (100.4°F or higher), cough, shortness of breath, or other symptoms such as loss of taste/smell, chills, sore throat, body aches, headache, diarrhea, or nausea/vomiting, you should be tested for COVID-19.

What should I do if I become ill during this monitoring period?

If you must go to the hospital before calling, notify staff immediately that you are being monitored for COVID-19.