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 unless approved by the state or local health department. Close contacts will still need to quarantine, unless both the infected person and close contact were consistently and correctly wearing a mask at all times during the exposure; this would exempt the contact from being quarantined.

- If you are unvaccinated, the CDC recommends quarantine for five days followed by strict mask use for an additional five days. If the exposed person is under the age of 2, then masking is not required.
- If you are vaccinated and are more than six months out from their second mRNA dose, or more than two months after the J&J vaccine, and not yet boosted, the CDC now recommends quarantine for five days followed by strict mask use for an additional five days. If a five day quarantine is not feasible, it is imperative that an exposed person wear a well-fitting mask at all times when around others for 10 days after exposure.

Individuals who have received their booster shot, have had a prior infection in the last 90 days, or are within 6 months of their primary mRNA series or two months of J & J dose, do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day five after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

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

A quarantine calculator can be found at health.nd.gov/covidcalculator.. Fully vaccinated individuals may visit with other fully vaccinated people indoors without wearing masks or physical distancing. Click here for additional recommendations from the Centers for Disease Control and Prevention (CDC).

Free public testing throughout North Dakota is available to anyone who would like to be tested for COVID-19. Click here for updated information on free testing events.

If you become sick and are tested for COVID-19 during this period and are found to be **Positive,** the NDDoH 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.

Residents of long-term-care facilities and other congregate living settings, and healthcare workers should follow NDDoH guidance [here](#) and [here](#).

Signs and symptoms of COVID-19

The most common symptoms of novel coronavirus are fever and cough, difficulty breathing, loss of taste/smell, sore throat, body aches, headache, chills, diarrhea, and nausea/vomiting. These symptoms can also be due to many other illnesses. If you develop a fever or any symptoms, it doesn't mean you have COVID-19, but you should immediately contact your health care provider for COVID-19 testing.

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:*
    o *once in the <u>morning and again in the <u>evening</u></u>* (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. For additional COVID-19 questions, call the NDDoH public health hotline at 1-866-207-2880, between 8 a.m.-5 p.m. Monday through Friday.

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