

Scenario 1

If you test positive for COVID 19

Regardless of your vaccination status

1. Stay at home and stay away from others for at least 5 days

2. After 5 days have passed since you tested positive (or since you started having symptoms, if you have symptoms), if you:

- A. don't have symptoms OR have started to feel better*
- B. And you no longer have a fever (without having used fever reducing medication)* you can return to work, and no longer have to isolate.

3. You must still wear a mask when around others for at least 5 more days (until day 11 after testing positive).

Masks should be N95 style high filtration masks.

www.health.state.mn.us/diseases/coronavirus/sick.html#mask

Scenario 2

If you are a close contact of someone who later tests positive for COVID 19

A "close contact" is anyone who spent 15 minutes or more within a 24 hour period within 6 feet of a person infected with COVID 19 while they were infectious [2 days before onset of symptoms to 10 days after].

If you are UP TO DATE on COVID 19 vaccination

UP TO DATE on your COVID 19 Vaccination means:

- A. You have received a booster shot if you are eligible for one **AND**
- B. You have received two doses of the Pfizer or Moderna vaccine **OR**
- C. You have received one dose of the Johnson & Johnson vaccine.

1. You do not need to stay home or stay away from others.

2. Wear a mask around others for at least 10 days since the close contact.

Masks should be N95 style high filtration masks.

3. Take a COVID 19 test on day 5 after the close contact, if possible

*NOTE: Day 0 is the day you had close contact with the person who has tested positive.
Day 1 is the first full day after your last contact with a person who has had COVID 19.*

4. If you develop symptoms at any time, stay home, stay away from others, and get a COVID 19 test.

www.health.state.mn.us/diseases/coronavirus/close.html

Scenario 3

If you are a close contact of someone who later tests positive for COVID 19

A "close contact" is anyone who spent 15 minutes or more within a 24 hour period within 6 feet of a person infected with COVID 19 while they were infectious [2 days before onset of symptoms to 10 days after].

If you are NOT UP TO DATE on COVID 19 vaccination

NOT UP TO DATE on your COVID 19 Vaccination means:

- A. You have not received a booster shot if you are eligible for one **OR**
- B. You have NOT received at least two doses of the Pfizer or Moderna vaccine **OR**
- C. You have NOT received one dose of the Johnson & Johnson vaccine **OR**
- D. You are unvaccinated.

1. Stay home for 5 days to quarantine, and stay away from others

*NOTE: Day 0 is the day you had close contact with the person who has tested positive.
Day 1 is the first full day after your last contact with a person who has had COVID 19.*

2. Wear a mask around others for at least 10 days since the close contact.

Masks should be N95 style high filtration masks.

3. Take a COVID 19 test on day 5 after the close contact, if possible.

4. If you develop symptoms at any time, stay home, stay away from others, and get a COVID 19 test.

5. If you do not test positive on day 5, you can return to work/class if you have no symptoms.

www.health.state.mn.us/diseases/coronavirus/close.html



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**If you have questions about symptoms, what it means to be feeling better, or fevers, please contact a healthcare provider.*

If you have state health insurance, you can do a virtual visit at no cost to you. State Blue Cross and HealthPartners insurance members have free access to Doctor on Demand or Virtuwell. State PreferredOne insurance members have free access to Virtuwell or MDLive.

To help protect others by identifying close contacts you may have had, SCSU asks that you contact MDH at 651 201 5414 (then choose option 4) between 8 AM 4:30 PM, Monday Friday.

Tell the operator that you have tested positive and that you would like to speak to a contact tracer. This will get the contact tracing process started, so that MDH can notify people who may have been close contacts of yours that they should get tested.