

# COVID-19:

## Navigating exposure and symptoms

If you believe you have been exposed to, or are experiencing symptoms of, COVID-19, please review and following these recommendations.

### Exposure

Any close contact with someone who:

- has tested positive and has symptoms or
- has tested positive without symptoms

### Testing

**If you develop symptoms during quarantine, you need to be tested.** If you do not have symptoms, test on Day 5.

### Interaction and close contact

Close contact with others includes:

- being within 6 feet or less for 15 minutes or more
- caring for someone at home with COVID-19
- touching, hugging, kissing, sharing eating or drinking utensils, being sneezed or coughed on

Individuals with COVID-19 can potentially infect others at least 2 days prior to developing symptoms themselves. Therefore, if you have been in close contact with someone who has COVID-19 within 2 days of them developing symptoms or 2 days prior to their positive test date if no symptoms, you will need to quarantine.

You only need to quarantine if:

- you have had close contact with someone who has COVID-19.

### COVID-19 test results

#### What should you do if you are diagnosed with COVID-19?

If you test positive for COVID-19 you will be notified of your results by MyChart, a phone call or letter. You will need to notify your close contacts of the positive result using either 2 days before symptoms started or 2 days prior to your positive test date.

#### What should you do if you have symptoms and your COVID-19 test is negative?

If your lab test is negative, yet you are still having COVID-19 symptoms, stay home until symptoms are better and you do not have a fever. Follow the recommendations about quarantine and isolation on the back of this page. If your symptoms worsen or persist, contact your healthcare provider.

### Symptoms

Symptoms can range from mild to severe and start about 2-14 days after exposure to the virus and include:

- fever or chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- diarrhea

### Quarantine and isolation

To help navigate your quarantine and isolation guidelines, follow the grid from the CDC on the reverse of this page or call Welia Health at 320.679.1313.

Source: [www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html](http://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html)

### Resources for additional information

**Welia Health:** [www.WeliaHealth.org/Coronavirus](http://www.WeliaHealth.org/Coronavirus)  
**Minnesota Helpline:** 651-297-1304 or 800.657.3504  
**CDC Hotline:** 800-CDC-INFO (800-232-4635)

**Quarantine** if you were exposed: Stay away from others when you have been in close contact with someone who has COVID-19. When calculating exposure dates, Day 0 is considered the date of exposure. Day 1 is the first full day after your last contact with the person who has had COVID-19.

<p><b>IF YOU</b> Were exposed to COVID-19 and are NOT up-to-date on COVID-19 vaccinations</p>	<p><b>Quarantine for at least 5 days</b> <b>Stay home</b> Stay home and quarantine for at least 5 full days.  Wear a well-fitted mask if you must be around others in your home.  <b>Get tested</b> Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p><b>After quarantine</b> <b>Watch for symptoms</b> Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.  <b>If you develop symptoms</b> Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p><b>Take precautions until day 10</b> <b>Wear a mask</b> Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.  <b>Avoid travel</b> <b>Avoid being around people who are at high risk</b></p>
<p><b>IF YOU</b> Were exposed to COVID-19 and are up-to-date on COVID-19 vaccinations</p>	<p><b>No quarantine</b> You do not need to stay home <u>unless</u> you develop symptoms.  <b>Get tested</b> Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p><b>Watch for symptoms</b> Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.  <b>If you develop symptoms</b> Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p><b>Take precautions until day 10</b> <b>Wear a mask</b> Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.  <b>Avoid travel</b> <b>Avoid being around people who are at high risk</b></p>
<p><b>IF YOU</b> Were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)</p>	<p><b>No quarantine</b> You do not need to stay home <u>unless</u> you develop symptoms.</p>	<p><b>Watch for symptoms</b> Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.  <b>If you develop symptoms</b> Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p><b>Take precautions until day 10</b> <b>Wear a mask</b> Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.  <b>Avoid travel</b> <b>Avoid being around people who are at high risk</b></p>

**Isolate** if you are sick or test positive, even if you don't have symptoms. Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected.

<p><b>IF YOU</b> Tested positive for COVID-19 or have symptoms, regardless of vaccination status</p>	<p><b>Stay home for at least 5 days</b> Stay home for 5 days and isolate from others in your home.  Wear a well-fitted mask if you must be around others in your home.</p>	<p><b>Ending isolation if you had symptoms</b> End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.  <b>Ending isolation if you did NOT have symptoms</b> End isolation after at least 5 full days after your positive test.  <b>If you were severely ill with COVID-19</b> You should isolate for at least 10 days. Consult your doctor before ending isolation.</p>	<p><b>Take precautions until day 10</b> <b>Wear a mask</b> Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.  <b>Avoid travel</b> <b>Avoid being around people who are at high risk</b></p>
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