COVID-19 – CONTACT EXPOSURE TOOL DO I NEED TO SELF-ISOLATE / QUARANTINE?

Based on the best scientific advice currently available

This guidance is for people with NO fever or respiratory symptoms currently and are not healthcare workers



Option A: If this is you...

Close contacts are typically identified and given guidance by the North Dakota Department of Health. Quarantine for 14 days, from last exposure.

CLOSE CONTACT TO PERSON B

C

Option B: If this is you...

Okay to go to work. Practice social distancing and good hand washing hygiene. If you develop fever or symptoms, stay home. Call ahead before seeking care from your primary healthcare provider.

Option C: If this is you...

Okay to go to work. Practice social distancing and good hand washing hygiene. If you develop fever or symptoms, stay home. Call ahead before seeking care from your primary healthcare provider.



Option A: If this is you...

TO PERSON B

C

Quarantine until you learn that the person tested negative. If the person tests positive, quarantine for 14 days. If you develop fever or symptoms, stay home. Call ahead before seeking care from your primary healthcare provider.

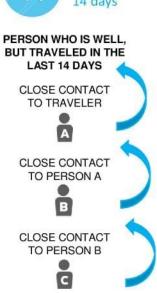
Option B: If this is you...

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Option C: If this is you...

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Adapted from Harvard University Health Sciences, 03/16/20

Symptoms of COVID-19 (This list in not all inclusive)

- Cough
- Fever
- Headache
- Fatique
- Sore throat
- ♦ Congestion or runny nose
- Nausea or vomiting
- Repeated shaking with chills
- New loss of taste or smell
- Shortness of breath or difficulty breathing

Guidance as of 07/02/2020

- Chills
- Diarrhea
- Muscle or body aches



Fargo Cass Public Health

- Close contact means being within 6 ft. for a prolonged period of time (15 minutes), or any household contacts.
- Note: If you have a connection that is more distant than the options described, you do not need to do anything more than social distancing and practice good hygiene, which is recommended for everyone. People connected to you do not need to do anything different from everyone else, unless they themselves have risks due to some other exposure.