

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



Positive Case
COVID-19

BEEN IN CONTACT
WITH A PERSON WHO
HAS TESTED POSITIVE
FOR COVID-19

CLOSE CONTACT
TO POSITIVE CASE



CLOSE CONTACT
TO PERSON A



CLOSE CONTACT
TO PERSON B



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.

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.



Not sure of
Test Results

BEEN IN CONTACT
WITH A PERSON WHO
IS BEING TESTED FOR
COVID-19 AND WAITING
RESULTS

CLOSE CONTACT
TO TESTED CASE



CLOSE CONTACT
TO PERSON A



CLOSE CONTACT
TO PERSON B



Option A: If this is you...

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...

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.



Traveler last
14 days

PERSON WHO IS WELL,
BUT TRAVELED IN THE
LAST 14 DAYS

CLOSE CONTACT
TO TRAVELER



CLOSE CONTACT
TO PERSON A



CLOSE CONTACT
TO PERSON B



Option A: 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 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.

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

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

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

Guidance as of 07/02/2020

- ◆ Chills
- ◆ Diarrhea
- ◆ Muscle or body aches



Public Health
Prevent. Promote. Protect.

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.