COVID Exposure Protocol

Compiled with resources from CDC and other State Health Departments. Please consult with health care professionals on your personal care.

Glossary

Exposure or close contact: Spending a total of 15 minutes or more in a 24-hour period within 6 feet or less of people with COVID-19.

Quarantine: Staying home and away from others when you might have been exposed to the virus.

Isolation: Staying home and away from others when you test positive, feel sick, or have symptoms of the virus.

Well-fitting mask: A mask that fits snugly over your nose, mouth, and chin, without gaps at the edges.

Immunocompromised: A person with a weakened immune system. The immune system is how the body fights disease.

Who Does Not Need to Quarantine

If you have had close contact with someone with COVID-19, you do not need to quarantine if:

- You are 5 years old or older and have completed ALL recommended vaccine doses, including a booster.
- You had COVID-19 in the past three months.

After exposure to the virus, you should still:

- Wear a well-fitting mask around others for 10 days from the date of your last close contact with someone with COVID-19.
- Watch for symptoms for 10 days.
- If you start to feel sick, stay home and away from others (isolate) and test immediately for COVID-19.

If you are up to date on vaccinations: Get tested at least five days after close contact.
If you had COVID-19 in the past three months: You do not need to get tested at five days after close contact if you do not have symptoms.

Who Needs to Quarantine

If you have had close contact with someone with COVID-19, you need to quarantine if:

- You are not vaccinated.
- You are not up to date on COVID-19 vaccinations.

How to Quarantine

- Stay at home for at least five full days after your last close contact with someone with COVID-19.
- Watch for symptoms for 10 days.
- If symptoms develop, test immediately for COVID-19 and follow isolation recommendations.
- If possible, stay in a separate room and away from other people in your home.
- Use a separate bathroom if you can.
- Avoid sharing personal household items (e.g., food, dishes, towels, or bedding).
- Avoid public transportation, ride-sharing (such as Uber or Lyft), or taxis.

If you are able to wear a well-fitting mask and do not develop symptoms

- Wear a well-fitting mask for 10 days when around others, even at home.
- Stay home and away from others for five days.
- **Test on day five, if possible.**
  - If you test positive, start counting again from day zero and follow isolation recommendations.
  - If you test negative, finish your full five days in quarantine.
- **On days six through 10:**
  - Avoid settings with people who are immunocompromised or at high risk of severe disease.
  - Avoid travel. If you must travel, wear a well-fitting mask.
  - Avoid places where you cannot mask (e.g., gyms, restaurants).
  - Continue to wear a well-fitting mask around others.
  - If you start to feel sick, stay home and away from others (isolate) and test immediately for COVID-19.

More information:

National Nurses United Covid Resource List
MN Department of Health