

# 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.

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## 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](#)