STAY SAFE MN

What to Do if You Have Had Close Contact With a Person With COVID-19

To protect yourself, your family, and your community, you must separate yourself from others, get tested and watch yourself for symptoms such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, fatigue, congestion, or loss of taste or smell. Unless you have had a positive laboratory test for COVID-19 in the past 3 months, follow these instructions for at least 14 days after the last day you were in close contact with the person who has COVID-19.

Separate yourself from others

Stay home. If you need medical care, it is important that you follow the instructions below. Do not go to work, school, or any other place outside the home.

Stay away from people who may be at high-risk for getting very sick from COVID-19, including older adults, those living in long-term care facilities, and people with health conditions like asthma, diabetes, heart disease, liver disease, severe obesity, and those who have weakened immune systems.

If you become sick, separate yourself from other people in your home. As much as possible, stay in a specific room and away from other people in your home. Use a separate bathroom, if available.

Do not use public transportation, ride-sharing (such as Uber or Lyft), or taxis.

Wear a facemask if you need to be around other people, and cover your mouth and nose with a tissue when you cough or sneeze. Wash hands thoroughly.

Avoid sharing personal household items. Do not share food, dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, wash them thoroughly with soap and water.

Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol. Avoid touching your face with unwashed hands.

Get tested

Contact your health care provider or visit the [Minnesota COVID-19 Response website (https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp)](https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp) to find testing times and locations near you. Get tested even if you do not have symptoms. If your test results are positive, follow recommendations for cases of COVID-19. You may need to remain at home for longer than 14 days. Even if your results are negative, you need to stay home for 14 days. If you develop symptoms after testing negative, get tested again.

Monitor your symptoms

If you develop symptoms, separate yourself from others and follow public health recommendations for staying at home when symptomatic.

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