

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

In general, a close contact means being less than 6 feet from someone for 15 minutes or more throughout a 24-hour period. However, even shorter periods of time or longer distances can result in spread of the virus.

If you are not fully vaccinated and have had close contact with someone who has COVID-19, you need to stay home and away from others (quarantine). You are fully vaccinated if it has been at least two weeks since the final dose of vaccine. COVID-19 can take up to 14 days to make you sick, and some people with COVID-19 never feel sick, so you need to separate yourself from others so you don't spread the virus without knowing it.

Get tested



If you are not fully vaccinated, you should get tested immediately. If the test is negative, test again three to five days after the last time you were close to the person with COVID-19. **If you are fully vaccinated**, you should get tested three to five days after being close to someone with COVID-19.

Whether you are vaccinated or unvaccinated, if you start to have any symptoms, get tested again. Visit [Minnesota COVID-19 Response \(https://mn.gov/covid19\)](https://mn.gov/covid19) to find testing options near you. You should also follow [Recommendations for Wearing Masks \(www.health.state.mn.us/diseases/coronavirus/facecover.html\)](http://www.health.state.mn.us/diseases/coronavirus/facecover.html).

If your test results are positive, or if you start to feel sick, follow the recommendations on [If You Are Sick \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html).

When you do not need to quarantine

If you have recovered from COVID-19 in the past 90 days and are exposed again, you do not need to quarantine if **ALL** of the following are true:

- Your illness was laboratory confirmed in the past 90 days.
- You have fully recovered.
- You do not currently have any symptoms of COVID-19.

If you have completed COVID-19 vaccination (two doses in a two-dose series or one dose in a one-dose series) and are exposed, you do not need to quarantine if **BOTH** of the following are true:

- The COVID-19 exposure was at least 14 days after your vaccination series was fully completed.
- You do not currently have any symptoms of COVID-19.

People who live or work in a health care or long-term care facility, have been vaccinated, and have a COVID-19 exposure should refer to [COVID-19 Recommendations for Health Care Workers \(www.health.state.mn.us/diseases/coronavirus/hcp/hcwrecs.pdf\)](http://www.health.state.mn.us/diseases/coronavirus/hcp/hcwrecs.pdf).

How to quarantine

If you are not fully vaccinated:



Stay home. Do not go to work, school, or any other place outside the home except for testing or needed medical care.



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, obesity, or weakened immune systems.



Separate yourself from other people in your home. If possible, stay in a specific room and away from other people in your home. Use a separate bathroom if you can.



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



Wear a mask if around other people. Cover your mouth and nose with a tissue when you cough or sneeze, then 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.



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.

If you are at high risk of severe illness, you may be able to get medicine to prevent disease. Visit [COVID-19 Medication Options \(www.health.state.mn.us/diseases/coronavirus/meds.html\)](https://www.health.state.mn.us/diseases/coronavirus/meds.html) for more information.

How long to quarantine

If you have not been fully vaccinated and were exposed to someone with COVID-19, the safest option is to stay home and away from others for 14 days. In certain situations, you may end your quarantine after 10 days, or after seven days with a negative COVID-19 test result. You cannot end your quarantine before seven days for any reason.

You should stay away from others for 14 days if:

- Someone in your home has COVID-19. The 14-day quarantine period starts the day after the person with COVID-19 completes their isolation period.
- You live in a building with other people, where it's either easy to spread the virus or there are many people at high risk for getting COVID-19, like a long-term care facility.
- You work in health care, or congregate care setting, such as long-term care or a correctional facility.

The Safest Option: 14-Day Quarantine



If you live with someone who has COVID-19, you should quarantine during the time they might be contagious (their isolation period), as well as the 14 days after when you could develop COVID-19. **This may mean you need to quarantine for 24 days or more.**

The Safest Option: 14-Day Quarantine



A shortened quarantine period may be considered if ALL of the following are true:

- You have not had any symptoms.
- You have not had a positive test for COVID-19.
- No one in your home has COVID-19, and you do not live in a building with other people, where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.
- You do not work in health care or congregate care setting, such as long-term care or a correctional facility.
- You had a defined exposure, meaning a known exposure with a beginning and an end.

If all of the above conditions are true, quarantine may be shortened to:

- 10 days without testing – normal activities begin on day 11.

Under Certain Conditions: 10-Day Quarantine



WHAT TO DO IF YOU HAVE HAD CLOSE CONTACT WITH A PERSON WITH COVID-19

- Seven days with a PCR-negative test (not an antigen test or antibody/blood test) if you got tested at least five full days after the last time you were in contact with someone with COVID-19. Normal activities begin on day eight.

With a Negative COVID-19 Test Between Days 5-7: 7-Day Quarantine



After stopping a shortened quarantine continue to:

- Wear a mask, stay 6 feet from others, wash hands, and avoid crowds or settings with people who are at risk of severe illness from COVID-19.
- Watch for symptoms until 14 days after exposure. If any symptoms occur, stay away from others right away and get tested.

