



## Exposure to COVID-19 Guidelines

You have been exposed to someone with COVID-19. Depending on whether you are asymptomatic (without symptoms) or symptomatic (with symptoms e.g. fever, cough, or short of breath) you may be asked to quarantine or isolate. It is important to finish out your quarantine or isolation period to help slow the spread of COVID-19.

### **Asymptomatic (without symptoms) Exposed Individual**

If you have a known exposure to a COVID Positive individual and currently do not have symptoms follow the prevention steps below:

- Quarantine at home for 14 days since last exposure to positive individual
- Maintain social distancing of at least 6 feet from others at all times
- Self-monitor for symptoms
  - Check your temperature twice a day and watch for fever, cough or shortness of breath
  - Avoid contact with people at higher risk for severe illness

You are eligible to be tested for COVID-19 5-7 days after your last contact with the positive individual if you work at/attend School, Youth, and Child Care Programs even if you are asymptomatic. **If symptoms develop contact the Nurse Triage Line: 320-373-1026** to review symptoms and determine if you need to be retested for COVID-19.

If you are tested and the results are **negative**, you should continue to prevent yourself and others from getting COVID-19 through the list of prevention steps listed in this document for a full 14 days after last exposure. Also continue to monitor for symptoms of COVID-19 during this time period. It is important to finish out your quarantine period even if you do not develop symptoms as you can still spread the virus to others

If you tested **positive** for the COVID-19 virus and remain **ASYMPTOMATIC**, home isolation is recommended for at least 10 days have passed since the date of your first positive test and you continue to have no symptoms (no cough or shortness of breath) since the test. Home isolation consists of separating yourself from other household family members as much as possible.

### **Symptomatic (with symptoms) Exposed Individual**

If you develop symptoms during your quarantine, call the Nurse Triage Line to be tested for COVID-19. If you are symptomatic and are tested for COVID-19, ***all members of your household must stay home until your results are known.***

If you test positive and are symptomatic, you should continue isolation until these three things have happened:

1. You have had no fevers for at least 24 hours without the use of medication that reduces fever  
AND

2. Improvement of Symptoms  
AND
3. At least 10 days have passed since your symptoms first appeared.\

Even if you test **negative** and are symptomatic, you will need to follow the guidelines outlined above due to having a known exposure to someone diagnosed with COVID-19.

### **Stay home except to get medical care**

You should restrict activities outside your home, except to get medical care. Do not go to work, school, or public areas. Avoid using public transportation, ridesharing, or taxis.

### **Monitor for Symptoms**

Seek prompt medical attention if you develop **severe** symptoms (e.g., difficulty breathing).

**Before seeking care, call your healthcare provider and tell them that you have tested positive for COVID-19 or have been exposed to someone with COVID-19. Put on a face covering over your mouth and nose before you enter the facility.** If you have a medical emergency and need to call 911, **notify the dispatch personnel that you have, or are being evaluated for COVID-19.** If possible, put on a face covering before emergency medical services arrive.

### **Prevention Steps and Self-Care at Home if COVID-19 Positive**

#### **Separate yourself from other people and animals in your home**

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom and bedroom, if available.

#### **Call ahead before visiting your doctor**

If you have a medical appointment, call the health care provider and tell them that you have symptoms of COVID-19 or tested positive. This will help the healthcare provider's office take steps to keep other people from getting infected or being exposed.

Meeker Memorial Clinic Dassel phone: 320-275-4330

Meeker Memorial Clinics East/West phone: 320-693-3233

#### **Wear a face covering**

You should wear a face covering when you are around other people including your household contacts (e.g., sharing a room or vehicle) or pet and before you enter a healthcare provider's office. If you are not able to wear a face covering (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, and they should wear a face covering if they enter your room.

#### **Clean your hands often**

Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60-95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if your hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

#### **Cover coughs and sneezes**

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately clean your hands.

**Avoid sharing personal household items**

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

**Clean all “high-touch” surfaces everyday**

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Also, clean any surface that may have blood, stool, or bodily fluids on them. Use a household cleaning chemical, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

**References:**

MDH (2020). What to do if you're waiting for COVID-19 test results. Retrieved on July 23,2020 from <https://www.health.state.mn.us/diseases/coronavirus/waiting.pdf>.

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