

CLOSE CALL WITH COVID-19?

A contact is:

- A person exposed to an illness (COVID-19)
- Someone who shares the same space, for an extended amount of time, with an infected person

Close contacts are most at risk with COVID-19.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- You provided care at home to someone who was sick with COVID-19
- Someone who has COVID-19 sneezed, coughed or somehow got respiratory droplets on you



If you are a close contact to COVID-19:

- Stay home (quarantine) for 14 days after your last contact with a person who has COVID-19
- Stay away from others, especially people who are at high risk for getting very sick from COVID-19
- Watch for COVID-19 symptoms, such as a fever, cough, shortness of breath, chills, and loss of taste or smell
- Even if you don't develop symptoms, you still need to stay home for 14 days from your last contact with the infected person

Date of last close contact with person who has COVID-19 + 14 days = last day of quarantine

	SUN	MON	TUE	WED	THU	FRI	SAT
Last close contact with person who has COVID-19		1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
Last day of quarantine	21	22	23	24	25	26	27
	28	29	30	31	14-day quarantine		

If your quarantine starts at noon on day one, it would end at noon on the last day.

WHY QUARANTINE?



- Quarantine is used to keep someone who might have been exposed to COVID-19 away from others.
- Quarantine helps stop the spread of COVID-19 that can occur before a person knows they are sick, or if they are infected with the virus but do not have any symptoms.
- The virus that causes COVID-19 takes 2–14 days to incubate or turn into illness in the body. People may miss symptoms or have very mild to no symptoms. They can pass the virus to others without knowing it.

Should you get tested?

IF YOU DEVELOP SYMPTOMS:

Get tested!

Find a local testing facility at www.co.carver.mn.us/covid19testing

A negative test does not mean return to activity! Stay home and away from others at least 10 days from when symptoms began.

IF YOU DO NOT DEVELOP SYMPTOMS:

Getting tested is optional.

If you choose to get a test, wait 3–5 days from your contact. This allows time for the virus to be detected, and the test to be more accurate.

A negative test does not mean return to activity! Continue to stay home and away from others until 14 days from the last day you were exposed.

Reduce your risk

COVID-19 can be spread by persons who do not have symptoms and do not feel sick.

Take these steps to lower your risk of COVID-19.



Head outdoors



Wear a cloth face covering



Maintain a 6-foot distance from others



Limit time spent with people not living in your home



Avoid large crowds



Wash hands frequently

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