

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 have had close contact with someone who has COVID-19, you need to stay home and away from others (quarantine). 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.

Separate yourself from others



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.



If you start to feel sick, 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.

When you do not need to quarantine

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

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

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

- The COVID-19 exposure was at least 14 days after their vaccination series was fully completed.
- The COVID-19 exposure was within 90 days of their final dose of the vaccination series.
- They 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](http://www.health.state.mn.us/diseases/coronavirus/hcp/hcwrecs.pdf) (www.health.state.mn.us/diseases/coronavirus/hcp/hcwrecs.pdf).

Even after a person has recovered from COVID-19 or is fully vaccinated they should still continue to stay distanced, wear a mask that fits well, wash their hands often, and follow other precautions. For more information, see [CDC: When to Quarantine](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html) (www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html).

How to quarantine

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.**



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.



- 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 quarantine:

- 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.

You cannot end your quarantine before seven days for any reason.

Get tested



Visit the [Minnesota COVID-19 Response website \(https://mn.gov/covid19\)](https://mn.gov/covid19) to find testing options near you. If you have symptoms, get tested right away. If you do not have symptoms get tested at least five days after the last time you were close to the person with COVID-19. If your test results are positive, follow recommendations for cases of COVID-19. If your test is negative and you start to have any symptoms, get tested again.

