

MDH Close Contact or Exposure to COVID-19

After exposure to someone who has COVID-19



Wear a high quality and well-fitting mask for 10 full days when you are indoors and around others, even at home. The 10 days start the day after your last close contact with someone with COVID-19. The day of your last close contact is counted as day zero. The day you can stop wearing a mask is day 11.

Watch for symptoms for 10 full days after your last close contact with someone who has COVID-19. Symptoms can include fever of 100.4 degrees Fahrenheit or greater, cough, sore throat, or shortness of breath. For a complete list of symptoms, visit [CDC: Symptoms of COVID-19](#).

- If you develop symptoms, stay home and away from others (isolate) and test immediately for COVID-19. Follow isolation recommendations at [If You Are Sick or Test Positive: COVID-19](#). This includes people who have tested positive for COVID-19 in the last 90 days, even if they are up to date with their COVID-19 vaccines.

Test on day six, if possible

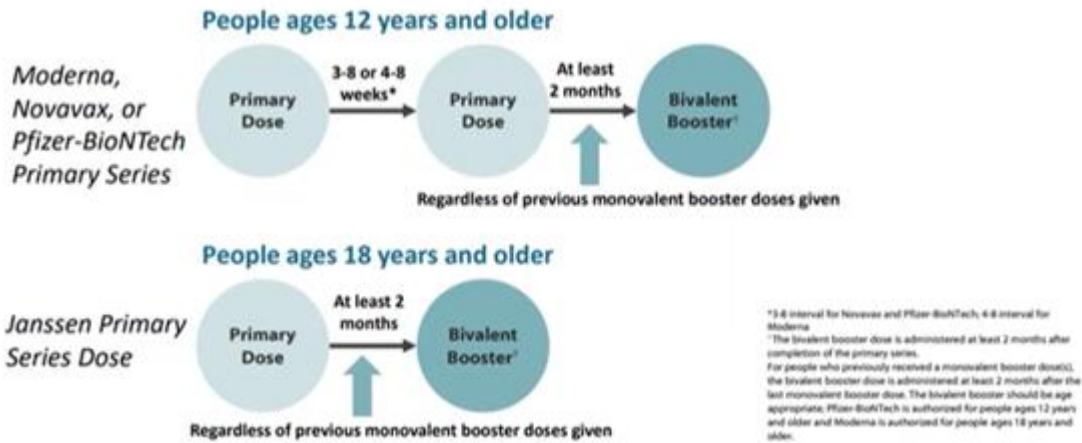
- If you test positive, stay at home (isolate), and follow recommendations at [If You Are Sick or Test Positive: COVID-19](#).
- If you test negative, continue to wear a high-quality and well-fitting mask when indoors and around others.
- Visit [COVID-19 Testing](#) for detailed information about where you can get tested and what kinds of tests are available.

Things to avoid

- Avoid people who are immunocompromised or at high risk of severe disease and settings where people at higher risk live or gather, such as long-term care facilities. If this is not possible, take extra precautions to [protect yourself and others](#). For information on people at higher risk, refer to [CDC: People with Certain Medical Conditions](#).
- Avoid travel. If you must travel, wear a high-quality and well-fitting mask.
- Avoid places where you need to remove your mask (e.g., gyms, restaurants).

Do I Qualify for a Bivalent Booster?

For those who are not immunocompromised (Pfizer 12+, Moderna 18+)



For those who are immunocompromised (Pfizer 12+, Moderna 18+)

