

PROTECTION

What to do if you had close contact with someone with COVID-19

What is a close contact?

Someone, with or without a face covering, who was less than 6 feet away from someone with COVID-19 (confirmed by a lab test or doctor) for a combined total of 15 minutes or more over a 24-hour period.

- For example, a person who has three separate 5-minute exposures to someone with COVID-19 for a combined total of 15 minutes.

If you have close contact with a person with COVID-19 and DO NOT HAVE SYMPTOMS:

If you are **up to date on all vaccines** that you are eligible for:

- Wear a mask around others for 10 DAYS.
- An N95, KN95, or surgical mask is preferred.

If you are **unvaccinated, not fully vaccinated, or without a booster (not up to date)**:

- **Quarantine for 5 days.**
- Then wear a mask around others for 5 MORE DAYS.

If you have close contact with a person with COVID-19 and YOU HAVE SYMPTOMS:

- Immediately isolate and get tested.
- A negative COVID-19 test should not be used to end quarantine early.

If you test positive for COVID-19:

- Isolate for 5 days followed by 5 days wearing a mask around others.
- If you still have symptoms on day 5, isolate until fever free for 24 hours without use of fever reducing medication, and wait until symptoms improve.

Scan this QR code for more information about COVID Quarantine and Isolation Guidelines.



Quarantine and isolation guidelines may vary by local tribe, school, or workplace. For example, **some tribes use a 10 day isolation period.** Refer to local officials for the latest guidelines in your area.

