

✦ STOP THE SPREAD OF COVID-19 ✦



**BE INFORMED** ←

IF YOU HAVE BEEN IN CLOSE CONTACT WITH COVID-19.

**INFORM OTHERS**

ABOUT YOUR POSITIVE COVID-19 STATUS.

## SLOW THE SPREAD OF COVID-19

People diagnosed with COVID-19 can still spread the virus even if they don't have symptoms. That's why we all must do our part to keep our campuses safe and make a successful in-person school year a reality.

**If you are notified by someone that they have COVID-19 and that you may have been exposed:**

### IF YOU ARE FULLY VACCINATED:

- Continue to perform your normal activities, or
- [Stay home if you have symptoms](#). Get tested as soon as possible. Avoid being around others for at least 10 days since symptoms first appeared. This includes 24 hours with no fever, without use of fever-reducing medication, and without other symptoms.
- Without symptoms, [get tested](#) 3-5 days after close contact with someone with COVID-19 or as soon as possible if you don't know when you may have had close contact. Remember that [testing is available in multiple locations](#), including at home if you request a free test kit from the state.
- [Wear a mask](#) in public, indoor settings for 14 days following close contact or until your test result is negative. Remember that [face coverings are required](#) inside all University buildings at all times.

### IF YOU ARE NOT FULLY VACCINATED:

- [Get tested](#) as soon as possible. Remember that [testing is available in multiple locations](#), including at home if you request a free test kit from the state.
  - If the test is negative, test again 3-5 days after the last time you were close to a person with COVID-19.
  - If test results are positive or you start to feel sick, follow Minnesota Department of Health (MDH) recommendations.
- [Stay home regardless of symptoms](#). Stay away from others for 14 days, but you may use [MDH guidelines](#) to shorten your quarantine period. This includes 24 hours with no fever, without use of fever-reducing medication, and without other symptoms.
- [Protect others in your household](#) by [wearing a mask](#), staying at least 6 feet away from the roommates or family members you live with, frequently washing your hands with soap and water for at least 20 seconds, not sharing personal household items like cups or plates, cleaning and disinfecting high-touch surfaces in shared spaces, and improving ventilation in your home. [See suggestions for those living in close quarters and shared housing](#).

For COVID-19, a **close contact** is anyone you were within 6 feet of for a combined total of 15 minutes or more over a 24-hour period. An infected person can **transmit SARS-CoV-2**, the virus that causes COVID-19, starting 48 hours (two days) before they have symptoms or their positive specimen collection date. Please note people who are infected but do not show symptoms (asymptomatic), and those who do not yet have symptoms (pre-symptomatic), can spread the virus to others. People who have been in close contact with someone who has COVID-19 should **quarantine**. People with recent exposure to COVID-19 who have been fully vaccinated are not required to quarantine. People who were **previously diagnosed** with COVID-19 within the last three months are not required to quarantine.

## WHO ARE YOUR CLOSE CONTACTS?

People you have been around during the two-day period prior to the start of your symptoms (or if you are asymptomatic, two days before your positive COVID-19 specimen collection date), through to the time you start **isolation**, are at greatest risk of infection and should be prioritized for notification.

### MAKE A LIST OF CLOSE CONTACTS TO NOTIFY. THINK ABOUT:

- Who lives with you?
- Have you gone to work or school?
- Have you gotten together with others (e.g., eaten out at a restaurant, gone out for drinks, exercised with others or gone to a gym, had friends or family at your home, volunteered, gone to a party, pool, or park)?
- Have you gone to a store in person (e.g., the grocery store, mall)?
- Have you gone to in-person appointments (e.g., the salon, barber, doctor's, or dentist's office)?
- Have you ridden in a car with others (e.g., Uber or Lyft) or taken public transportation?
- Have you been inside a church, synagogue, mosque, or other places of worship?

### NOTIFY PEOPLE YOU HAVE BEEN AROUND WHO MAY HAVE BEEN EXPOSED TO COVID-19:

By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect them and others within our campus communities. You can call, text, or email your contacts. If you would like to stay anonymous, there is also an online tool that allows you to tell your contacts by sending out emails or text notifications anonymously ([www.tellyourcontacts.org](http://www.tellyourcontacts.org)). We also recommend MDH's **COVIDAwareMN app** as a useful tool for receiving information from and providing information to close contacts.

#### An example of what to say to your contacts:

"Hi. I need to talk to you about something important. Do you have a few minutes to talk privately? I was diagnosed with COVID-19 (or tested positive) on xxx date. We spent time together on xxx date, and I wanted to let you know, so that you can get tested and protect your family and others. CDC recommends that you get tested for COVID-19 and continue to monitor your health for symptoms of COVID-19."

OUR  COMMUNITY IS  
SAFER BECAUSE WE DO OUR PART.

SEE ALL SAFETY GUIDELINES: [Z.UMN.EDU/COVID19](http://Z.UMN.EDU/COVID19)



Updated October 4

This information from the Centers for Disease Control and Prevention and Minnesota Department of Health was adapted by University of Minnesota public health and medical experts so it is relevant to University of Minnesota students, faculty, and staff. Go to the [Inform page](#) of the [Safe Campus website](#) for more information.