

I Have COVID-19: How Do I Notify My Close Contacts?

IT IS IMPORTANT THAT YOU **NOTIFY YOUR CLOSE CONTACTS** SO THEY ARE AWARE OF THEIR EXPOSURE AND CAN TAKE MEASURES TO STOP COVID-19 TRANSMISSION.

What is My Infectious or Contagious Period?

Enter the date you first had symptoms or if you do not have symptoms, the day you were tested for COVID-19.

This is your **Onset Date/Test Date**: _____

Two Days Prior is your **Infectious/Contagious Date**: _____

Add 10 days to the **Onset Date/Test Date** to find your **Release from Isolation Date**: _____ If you haven't had a fever for 24 hours and your symptoms are improving by your release from isolation date, then you are no longer able to transmit your infection to others. Please stay isolated through the end of this day.

Close contacts are recommended to quarantine for 14-days following their last exposure to a positive individual during their infectious period. There are options for close contacts to reduce the number of days they will need to quarantine following an exposure to a COVID-positive individual.

- If you remain symptom-free, you may reduce your quarantine period from 14 days to 10 days after your last exposure to a COVID-positive individual.
- If you are tested and receive a negative result from a viral COVID-19 test (PCR or rapid antigen), you can reduce your quarantine to 7 days after the case the case is released from isolation. This test can be collected no earlier than 48 hours prior to your quarantine release date, so the earliest you can be tested is day six from your exposure date. You must continue to quarantine while awaiting test results.

After stopping quarantine, you should

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.

- Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to [prevent the spread of COVID-19](#).

Example Infectious Period Calculations: Anyone you would have close contact with during the shaded time period would be recommended to quarantine for 10 days AFTER the last date they were in contact with you.

1	2	3	4	5	6	7
8 Infectious Period Begins		10 Onset Date/Test Date (if no symptoms)	11 Contact is exposed to positive case			
	16	17 Contact is tested	18 If test result is negative, close contact is released from quarantine @11:59PM		20 Case is released from isolation@ 11:59PM	21 Close contact who is not tested and remain symptom-free is released from quarantine @11:59PM
22	23	24	25 Close contact is released from quarantine @ 11:59PM	26	27	28
29	30					

What Should I Say to My Close Contacts?

You can start the conversation by using the following message:

"Hi _____. I have been diagnosed with COVID-19 and I am reaching out to you because you may have been exposed to COVID-19. You should quarantine for 10 days from when we last met and follow the recommendations in the North Dakota Department of Health Close Contact Factsheet I will be providing to you.

Who Should I Notify?

Think about people you have been in close contact with during your infectious period at work, school, child care, in-person appointments, social gatherings, etc. **Close Contact** is anyone you were within 6 feet of for a total of 15 cumulative minutes or more in a 24-hour period, and anyone you coughed or sneezed on while you were infectious.

Email your close contacts the [CLOSE CONTACT](#) factsheet. Be sure to notify your work supervisor, school, childcare, college/university, coach, social gathering organizers, etc.

Use the Following Tool to Help You Document your Close Contacts

List all the people that lived in your household while you were infectious/contagious:

List all the people you have had close contact with while you were infectious/contagious:

List all your workplaces, volunteer places, schools, childcares, college/universities you were at while you were infectious/contagious:

For more information or if you need help determining who your close contacts are, please contact the public health hotline at 1-866-207-2880.