

# YOU MAY HAVE BEEN EXPOSED COVID-19, NOW WHAT?

This guidance is for people who were in the same building (i.e., workplace, school) or location as a COVID-19 case but are **NOT** a close contact to a COVID-19 case. A close contact is defined as someone within 6 feet for 15 cumulative minutes or more during a 24-hour period while the case is deemed to be infectious (48 hours prior to their onset of symptoms; for asymptomatic cases, 48 hours prior to the date they were tested.)

## Signs and symptoms of COVID-19

The most common symptoms of novel coronavirus are fever and cough, sometimes difficulty breathing, fatigue, congestion/runny nose, sore throat, body/muscle aches, headache, chills, loss of taste/smell, diarrhea, and nausea/vomiting. These symptoms can also be due to many other illnesses. If you develop a fever or any symptoms, it doesn't mean you have COVID-19, but you should contact your health care provider.

## Movement Restrictions

Everyone in North Dakota should **limit interactions with others** as much as possible. You may attend work as long as you do not have symptoms. When possible, you should work from home. You should avoid non-essential public gatherings or places (i.e., shopping centers, movie theaters, sporting events). North Dakotans should limit travel to areas experiencing [widespread transmission of COVID-19](#).

## Monitoring for Symptoms

Everyone in North Dakota is recommended to practice **self-monitoring** for fever and symptoms. This is to help you closely monitor your health because community transmission of COVID-19 has been identified in North Dakota. This does **NOT** mean that you will get sick with COVID-19.

## Check your temperature and symptoms

It is very important for you to monitor your health daily, so that you can be sure to stay home if you get sick. Based on what is known from other coronavirus infections, 14 days is the longest time between when you were last exposed to novel coronavirus and when symptoms begin.

- Take your temperature (use as directed in the thermometer instructions) **2 times a day:**
  - **once in the morning and again in the evening**
- You should also check your temperature anytime you feel like you have a fever or feel feverish.
- Write down your temperature twice a day, every day along with any of the symptoms listed below.

If you have fever (100.4°F or higher), cough, shortness of breath, fatigue, runny nose/congestion, chills, sore throat, body/muscle aches, headache, loss of taste/smell, diarrhea, or nausea/vomiting, call your health care provider.

## What should I do if I become ill?

- **Unless it is an emergency, DO NOT GO to a clinic or hospital without first calling your health care provider.** Calling first will help the clinic or hospital prepare to greet you and take care of you in the safest possible way. If you must go to the hospital before calling, notify staff immediately that you are concerned you may have COVID-19.

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- If you have mild symptoms and are not tested for COVID-19, you can leave home after these three things have happened:
  - at least 10 days have passed since your symptoms first appeared **AND**
  - You have had no fever for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers) **AND**
  - other symptoms have improved (for example, when your cough or shortness of breath have improved)
- If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include\*:
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face

*\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.*

## Household Contacts

You may remain in your usual home setting. If possible, avoid sharing a bathroom with other members of the household. Also be sure not to share drinks or utensils. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. Restrict your contact with pets, just as you would with people.

For more information about COVID-19, please visit <https://www.health.nd.gov/diseases-conditions/coronavirus> or call 1-866-207-2880.