This guidance is for people who were identified by the ND Department of Health (NDDoH) as a Household Contact to COVID-19. This is defined as an individual that lives in the same house as a COVID-19 positive individual.

**Signs and symptoms of COVID-19**

The most common symptoms of novel coronavirus are fever and cough, difficulty breathing, loss of taste/smell, sore throat, body aches, headache, chills, 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 immediately contact your health care provider for COVID-19 testing.

**Monitoring Period**

*Avoid congregate settings, public activities, and practice social distancing during your monitoring period.*

This means you should remain out of public places where close contact with others may occur (e.g., shopping centers, movie theaters, stadiums), workplaces, schools and other classroom settings, and public conveyances (e.g., bus, subway, taxi, side share) for the duration of your monitoring period unless approved by the state or local health department.

Household contacts to a confirmed COVID-19 case will need to monitor themselves and quarantine during the duration of the case’s infectious period AND for 14 days after the case is released from isolation.

If you become sick and are tested for COVID-19 during this period and are found to be **Positive**, then your isolation period will start. You will be released from isolation after ten days have passed since your symptoms began AND you are fever free (<100.4°F) for 24 hours without the use of fever-reducing medications AND symptoms are improving. The NDDoH will work with you on continuing your monitoring as a confirmed case of COVID-19. Even if you do not develop symptoms, you should get tested because you are a household contact to a COVID-19 case. Ideally, this should occur 7-10 days after your last known exposure. If you are found to be **Negative**, you will still need to fulfill your recommended quarantine period, as it can take up to 14 days to develop COVID-19. Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.

<table>
<thead>
<tr>
<th>Example Quarantine Period Calculations for Household Contacts:</th>
</tr>
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<tbody>
<tr>
<td>1</td>
</tr>
<tr>
<td>8 Case’s last day of isolation @ 11:59 pm</td>
</tr>
<tr>
<td>15</td>
</tr>
<tr>
<td>22 Household Contacts are released from Quarantine @ 11:59PM</td>
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<td>29</td>
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Check your temperature and symptoms

It is very important for you to monitor your health daily so that you can be taken care of and treated quickly 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 COVID-19 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 (if you forget, take your temperature as soon as you remember)
- 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, or other symptoms such as loss of taste/smell, chills, sore throat, body aches, headache, diarrhea, or nausea/vomiting, you should be tested for COVID-19.

What should I do if I become ill during this monitoring period?

**Unless it is an emergency, DO NOT GO to a clinic or hospital without first calling ahead.** 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 being monitored for COVID-19. If you become ill and test negative at any time during your monitoring period, you still need to complete your quarantine period.

You may remain in your usual home setting while monitoring yourself for COVID-19. 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.