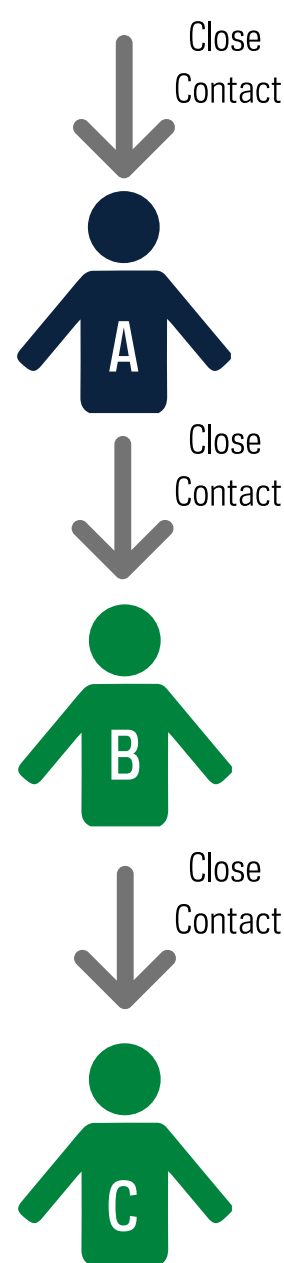


How Do I Know if I Need to Self Quarantine for COVID-19?

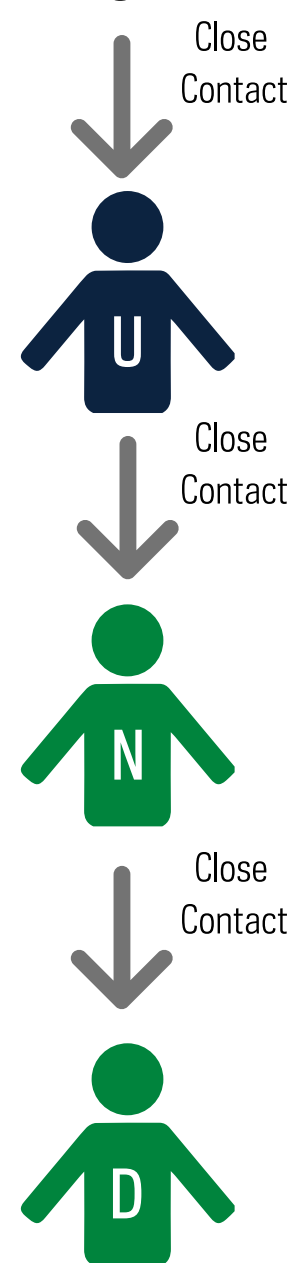
This guidance is for people with NO fever or respiratory symptoms and are not healthcare workers.



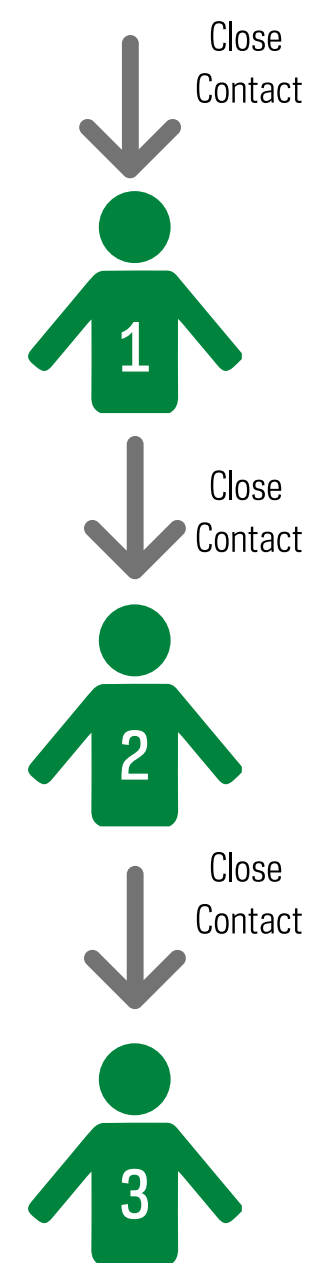
Person who has tested positive for COVID-19



Person with symptoms who has tested and is awaiting results



Person who is well, but traveled in a Level 3 area



Option A: If this is you...

Quarantine for 14 days. Call UHS, ND Wellness, or your local health care provider for advice on next steps

Option B: If this is you...

No extra restrictions. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms call UHS, ND Wellness, or your local health care provider.

Option C: If this is you...

No extra restrictions. Practice social distancing. If you develop symptoms, call UHS, ND Wellness, or your local health care provider.

Option U: If this is you...

Follow the guidance for Option "A" above until you learn that the person tested negative. If they test positive, then keep following advice for Option "A".

Option N: If this is you...

Follow the guidance on Option "B" above until you learn that the person tested negative. If they test positive, then keep following advice for Option "B".

Option D: If this is you...

No extra restrictions. Practice social distancing. If you develop symptoms, contact your health care provider.

Option 1: If this is you and the person traveled in the past 14 days...

No extra restrictions. Practice social distancing. Watch for symptoms. If you develop a fever or other symptoms call UHS, ND Wellness, or your local health care provider.

Option 1: If this is you and the person traveled over 14 days ago...

No extra restrictions. Practice social distancing. If you develop symptoms, contact your health care provider.

Option 2 or 3: If this is you...

No extra restrictions. Practice social distancing. If you develop symptoms, contact your health care provider.

*Close contact means being within 6 feet for a prolonged period of time OR having direct contact with infectious secretions (e.g., being coughed on).

Note: If you have a connection that is more distant than the options described above, you do NOT need to do anything more than social distancing, which is recommended for everyone. People connected to you do not need to do anything different from anyone else, unless they themselves have risks due to some other exposure.

Based on best scientific advice currently available.