



Chisago County Health and Human Services Public Health Division



FOR IMMEDIATE RELEASE

(11/09/20)

Back to the Basics: Stay Home **MEDIA ADVISORY**

According to the CDC, people who have been made aware, or know themselves, that they have been in close contact with someone who has COVID-19, you need to quarantine.

What counts as a close contact?

- You were within six feet of someone who has COVID-19 for 15 minutes or more.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with the person (hugged or kissed them).
- You shared eating or drinking utensils.
- They sneezed, coughed, or somehow got respiratory droplets on you.

Now that you know that you are a close contact with someone who has COVID-19, you must first **remain at home**, or in a comparable setting, for the next two weeks. Avoid congregate settings, public activities, and practice social distancing. This means you should remain out of public places where close contact with others may occur (e.g., malls, restaurants, bars), workplaces, schools and public transportation (e.g., bus, ride share) for the duration of your monitoring period.

Close contacts should monitor health daily for up to 14 days, this does not mean you will get sick during this time frame but to monitor yourself for symptoms for 14 days following your last potential exposure to a person with COVID-19. In addition:

- Don't leave home, except for medical care. Wear a mask if you need to leave.
- Call ahead before visiting a health care provider or emergency department.
- If possible, stay in a specific room in your home and use a separate bathroom.
- Stay at least six feet or two meters away from others in your home at all times.
- Wear a cloth mask if you're in any room with other people, unless you have trouble breathing. Don't share household items.
- Stay connected with others by use of technology with friends and family.

If, after 14 days, you still don't have symptoms, you may end your quarantine.

If you become sick or wish to have a COVID test, even without displaying symptoms, you should do so. Contact your local healthcare provider to schedule an appointment to get a test, or find community testing events available throughout Minnesota. Wherever you go to receive a COVID test, you must schedule an appointment, and at times will have to wait a couple of days before the next available appointment time. It is critical that during the time you are waiting to get a test, and during the time you are waiting for your test results, that you remain at home and continue your 14 day quarantine period.

For more information about COVID-19, visit @ChisagoCountyPublicHealth on Facebook.