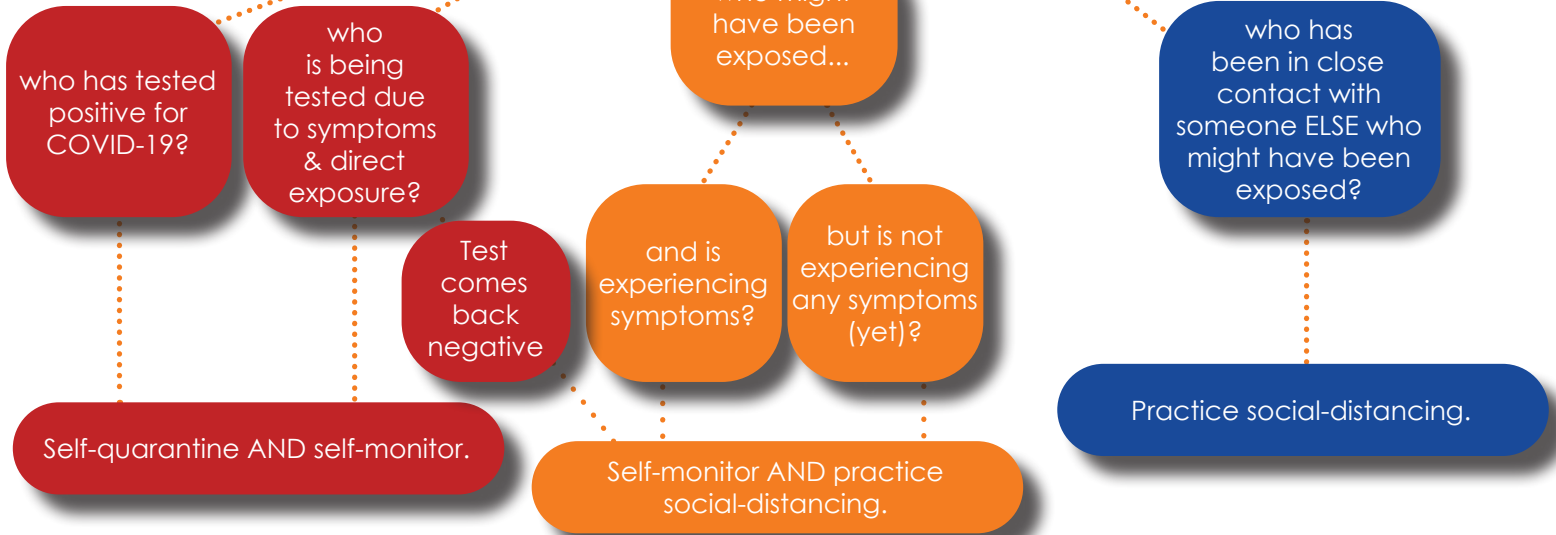


EXPOSURE DECISION TREE

WHAT SHOULD I DO IF?



WHAT COUNTS AS CLOSE CONTACT?

- You spent a PROLONGED period of time (15 min.) within 6 feet (15 minutes means one setting)
- You had DIRECT PHYSICAL CONTACT with the person (e.g., caregiving, shaking hands, kissing, hugging).
- You SHARED eating or drinking utensils with them.
- You came into contact with their RESPIRATORY SECRETIONS (e.g., they coughed on you).

HOW DO I?

SELF-QUARANTINE

- STAY HOME 14 days or until cleared by medical documentation and human resources.
- AVOID CONTACT with other people.
- DON'T SHARE household items.
- GET TESTED if symptoms develop or 5-7 days after last exposure to confirmed case.
 - Household members only need to quarantine if person being tested is displaying symptoms.

LEARN MORE at <https://www.health.state.mn.us/diseases/coronavirus/index.html>

SELF-MONITOR

- BE ALERT for symptoms of COVID-19, especially fever, a dry cough or shortness of breath.
- TAKE YOUR TEMPERATURE every morning and night and write it down.
- CALL your doctor if you have trouble breathing or a fever (temperature of 100.4°F or 38°C).
- DON'T seek medical treatment without calling first!

LEARN MORE at <https://www.health.state.mn.us/diseases/coronavirus/index.html>

PRACTICE SOCIAL-DISTANCING

- STAY HOME as much as possible.
- DON'T physically get close to people. Try to stay at least six feet away.
- DON'T hug or shake hands.
- AVOID groups of people and frequently touched surfaces.

LEARN MORE at <https://www.health.state.mn.us/diseases/coronavirus/index.html>

AND PRACTICE GREAT HYGIENE!

- WEAR a face covering • WASH your hands thoroughly & frequently • WATCH your distance
AVOID TOUCHING your face • CLEAN frequently touched surfaces regularly

WHAT IF I HAVE SYMPTOMS?

If you experience symptoms such as fever, dry cough or difficulty breathing, refer to [Minnesota Department of Health Decision Tree](#) and seek medical care.



BRAINERD PUBLIC SCHOOLS

Adapted from MIT Medical | CareHere, LLC