



Those experiencing symptoms of potential COVID-19:

1. Individual is having a fever (over 100.4F) or respiratory symptoms (cough and shortness of breath): Contact a health care provider for further guidance. Please call ahead.
 - a. Individual being tested for COVID-19 should remain in home isolation while awaiting test results.
 - **POSITIVE TEST** - Remain in isolation for 7 days since your symptoms first appeared AND you have been fever-free (<100.4 F) for 72 hours (3 days) without the use of fever-reducing medications and respiratory symptoms are improving.
 - **NEGATIVE TEST** - Remain in isolation until fever-free without the use of fever-reducing medications for at least 24 hours and have improved illness signs or symptoms. If given an alternative diagnosis (influenza, bronchitis, etc.), follow your primary healthcare provider guidance.
 - NOTE:** Even with a negative test, household or close contacts of a positive COVID-19 case need to follow isolation recommendations listed in Number 2 or Number 3 below.
 - b. Individuals **NOT** being tested for COVID-19 should remain in isolation for 7 days since your symptoms first appeared AND you have been fever-free (<100.4 F) for 72 hours (3 days) without the use of fever-reducing medications and improvement of respiratory symptoms. Additionally, attempt to isolate yourself from household and intimate contacts as much as possible.
2. Household contacts of lab confirmed COVID-19 cases should remain in isolation for 14 days after last known exposure. Exposure is defined as the date at which the confirmed case was released from isolation. If household contacts have a secondary residence (lake home, hotel, etc.) in which they can remain isolated, removal from isolation date would be 14 days from last contact with the positive case. If an individual would become symptomatic, refer to the above guidance.
3. Close contacts of confirmed COVID-19 cases should remain in isolation for 14 days after last known exposure.

NOTE: The North Dakota Department of Health defines 'close contact' as less than 6 feet apart for a prolonged period of time (over 15 minutes), and all household contacts.