

I am not feeling well

Separate yourself from others

- **Stay home** if you are sick. Do not go to work, school, or any other place outside the home. Stay home until all three of these things are true:
 1. You feel better. Your cough, shortness of breath, or other symptoms are better **and**
 2. It has been 10 days since you first felt sick **and**
 3. You have had no fever for the last 24 hours, without using medicine that lowers fevers
- **Stay away from other people in your home.** As much as possible, stay in a separate room and use a separate bathroom, if available.
- **Wear a facemask if you need to be around other people,** and cover your mouth and nose with a tissue when you cough or sneeze. Wash hands thoroughly afterward.
- If you are older or have certain underlying medical conditions, it is helpful to let your health care provider know you are sick. They may have specific advice for you.
- Seek medical care right away if your symptoms get worse or you have difficulty breathing. Before going to the doctor's office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.

I tested positive for COVID-19



- Contact HTC Campus Contact and others you had "close contact" with.
- Stay home and away from others, even if you do not have symptoms, until **all three of these things are true:**
 1. You feel better. Your cough, shortness of breath, or other symptoms have improved;
 - AND**
 2. It has been at least 10 days since symptoms first appeared; **AND**
 3. You have had no fever for at least 24 hours, without fever-reducing medication.
- **If you have tested positive but do not have symptoms, you must still stay home and away from others for 10 days.**
- If you have been fully vaccinated and test positive for COVID-19, you still need to stay home and stay away from others.
- If you are older or have certain medical conditions, it is helpful to let your health care provider know you have COVID-19. They may have specific advice for you.

I know someone who tested positive for COVID-19



Have you had "close contact" with that individual?

Yes

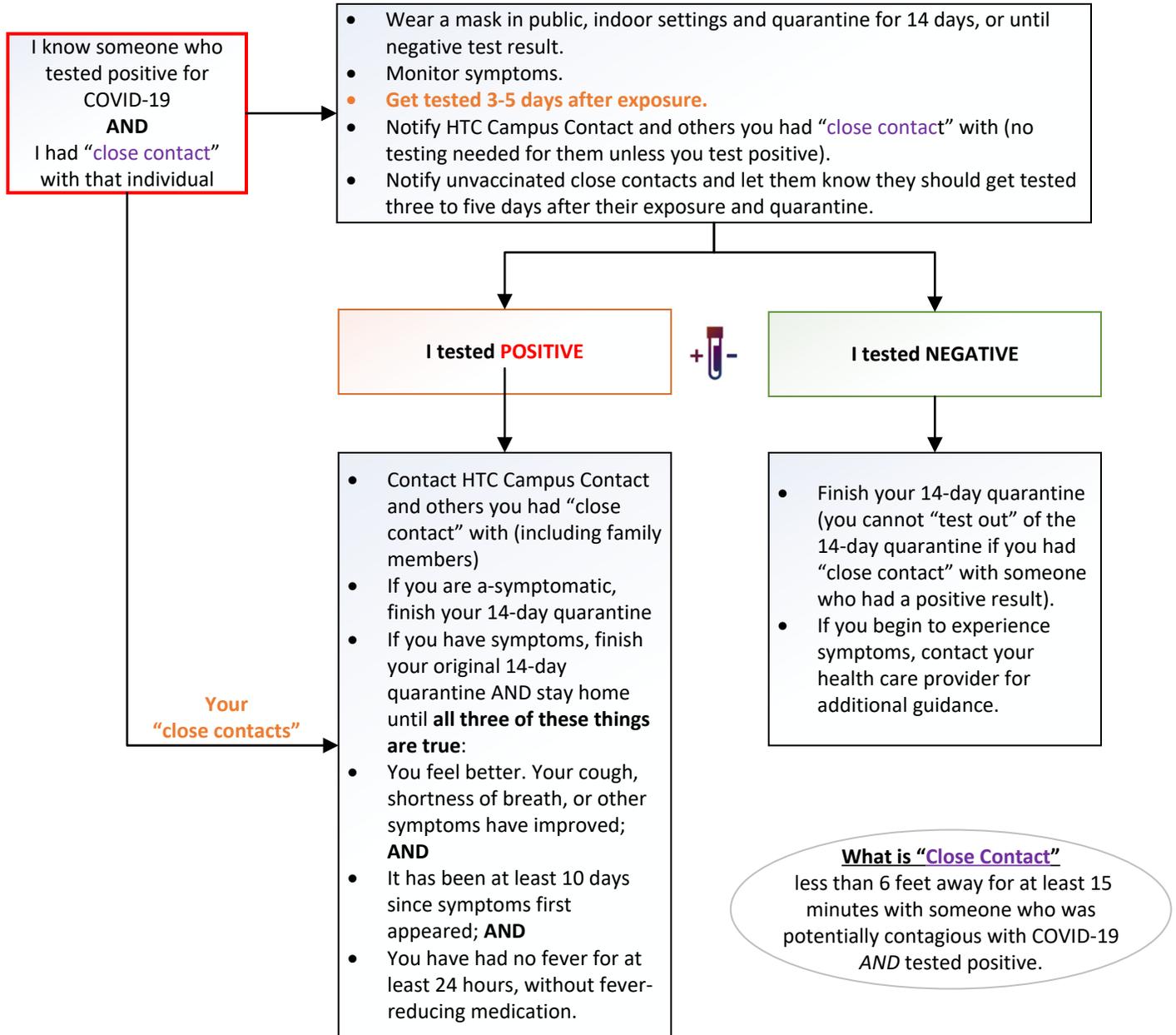
See flow chart on Page 2 titled "I know someone who tested positive for COVID-19 **AND** I had "close contact" with that individual

No

- Continue to slow the spread by social distancing, wearing a mask and frequent hand washing.
- Monitor your own health/symptoms and contact your health care provider with questions.

HTC Campus Contact:
 Randy Roehrick, Director of Public Safety
 952-995-1525
 randy.roehrick@hennepintech.edu

What is "Close Contact"
 less than 6 feet away for at least 15 minutes with someone who was potentially contagious with COVID-19 **AND** tested positive.



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PLEASE NOTE

If you tested positive for COVID-19, recovered and have a “new exposure” (close contact), you will have to quarantine and be tested again (follow flow chart, above)
MDH states there is limited information regarding immunity.