

CLOSE CONTACT NOTIFICATION

The date of last close contact was on _____

What counts as a close contact?

You were within 6 feet of someone with COVID-19 for 15 minutes or more (in 24 hours), with or without a mask, or if you had direct physical contact with them

DID YOU KNOW: You can develop COVID-19 up to 10 days after exposure

Here's what you should do if you are a close contact and have been exposed:

- Wear a mask as soon as you find out you were exposed, regardless of vaccination status**
 - You should wear a high quality mask or respirator any time you are around others inside of your home or indoors in public
 - You should not go places where you are unable to wear a mask
- Continue to wear a mask for 10 days following your last exposure**
 - Day 0 is the day of your last exposure to someone with COVID-19
 - Day 1 is the first full day after your last exposure
- Watch for symptoms**
 - Symptoms could look like fever (100.4 degrees or higher), cough or shortness of breath; more potential symptoms can be found at [cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms)

IF YOU DEVELOP SYMPTOMS: Isolate immediately, get tested, stay home until you know the results of the test, and follow all isolation recommendations if you test positive

IF YOU DO NOT DEVELOP SYMPTOMS: Test on day 6, following the last exposure

- If you tested positive in the last 30 days or less, testing is not recommended
- If you test negative, continue with precautions (mask use) through the 10 days following the last exposure
- If you test positive, follow all isolation recommendations

For questions or concerns, contact the resources on the back of this page

MEDICAL RESOURCES

Emergency	Address (Rolla, MO)	Phone	If your symptoms are life threatening, call 911 or go to the nearest emergency department	
Phelps Health Emergency Room	1000 W 10th Street	573.458.7800		
Walk-In Clinics	Address (Rolla, MO)	Phone	Website	
Phelps Health Walk-In Clinic	603 S Bishop Ave, Ste C	573.426.4411	phelpshealth.org/conditions-treatments/walk-clinics	
Mercy Convenient Care	1605 Martin Springs Dr, Ste 260	573.458.6350	mercy.net/practice/mercy-convenient-care-rolla-suite-260	
Four Rivers Community Health Center	1081 E 18th St	573.426.4455	fourrivers.org	
Rolla Family Clinic	416 S Bishop Ave	573.426.5900	rollaurgentcare.com	
Campus	Address (Rolla, MO)	Phone	Website	
Student Health Services	910 W 10th St	573.341.4284	studenthealth.mst.edu	
University Police (available 24/7)	205 W 12th St	573.341.4300	police.mst.edu	

NON-MEDICAL RESOURCES

Campus	Address (Rolla, MO)	Phone	Website	
Student Well-Being	204 Norwood Hall, 320 W 12th St	573.341.4211	wellbeing.mst.edu	
Student Support and Community Standards	107 Norwood Hall, 320 W 12th St	573.341.4209	studentsupport.mst.edu	
Residential Life	1102 N Rolla St	573.341.4218	reslife.mst.edu	
University Police (available 24/7)	205 W 12th St	573.341.4300	police.mst.edu	
Online (all available 24/7)	Phone	Website		
Crisis Text Line	Text "HOME" to 741741	crisistextline.org		
National Suicide Prevention Lifeline	Call or Text 988	988lifeline.org		
BetterYou App	NA	bit.ly/betteryouSandT (log in using your @mst.edu email)		