

# 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.

Are you up to date on COVID-19 vaccinations? Or have you tested positive for COVID-19 in the past 90 days?

Yes, I am up to date based on the definition to the right

You do not have to quarantine, but you should:

- Monitor yourself for 10 days after exposure and wear a mask around others.
- Consider testing 5 days after exposure, even if you don't have symptoms, unless you are within 90 days of previous infection.
- Contact a health care provider for evaluation if symptoms develop, isolating from others until evaluated.

Up to date on COVID-19 vaccinations means:

- You've completed the primary 2-dose series for Moderna and Pfizer within the last 5 months, OR
- You've received one primary dose of the Johnson & Johnson within the last 2 months, OR
- You've completed the primary dose(s) of Moderna, Pfizer, or Johnson & Johnson and received a booster dose.

*If you don't meet the above requirements, you are not considered up to date on your COVID-19 vaccinations.*

Yes, I have tested positive for COVID-19 in the last 90 days; however, I recovered\* and remain without symptoms

You do not have to quarantine, but you should:

- Monitor yourself for 10 days after exposure and wear a mask around others.
- Contact a health care provider for evaluation if symptoms develop, isolating from others until evaluated.

\*Recovered means you completed a 5 day isolation and have been cleared to resume activity

No, I am not up to date based on the definition above, and I have not tested positive for COVID-19 in the last 90 days

Begin 5 day quarantine from last date of close contact. Then for 5 additional days wear a mask around others. This is a total of 10 days for quarantine and advanced precautions.

- Testing is highly recommended 5 days after last contact and before being around others, even with no symptoms
  - If you test positive, follow the guidance for those that test positive.
  - If you test negative, continue to stay home for 5 days after last contact. Then for 5 additional days, wear a mask around others. A negative test does NOT release you from quarantine.
- Please contact a health care provider if you begin to experience symptoms or worsening symptoms. If you develop shortness of breath or difficulty breathing, you should seek immediate medical attention.
- Contact Student Health (information on next page) for academic accommodations, health related questions, or for additional health resources.
- Contact Student Support and Community Standards (information on next page) for dining and housing accommodations.

# MEDICAL RESOURCES

Emergency	Address (Rolla, MO)	Phone		
Phelps Health Emergency Room	1000 W 10th Street	573.458.7800		
Walk-In Clinics	Address (Rolla, MO)	Phone	Weekday Hours	Weekend Hours
Phelps Health Immediate Care	603 S Bishop Ave, Ste C	573.426.4411	8am - 8pm	8am - 6pm
Phelps Health Walk-In Clinic	1050 W 10th St, Ste 300	573.364.9000	8am - 4:30pm	NA
Mercy Convenient Care	1605 Martin Springs Dr, Ste 210	573.458.6350	9am - 5pm	9am - 1pm
Four Rivers Community Health Center	1081 E 18th St	573.426.4455	9am - 9pm	8am - 5pm
Rolla Family Clinic	416 S Bishop Ave	573.426.5900	8am - 4:30pm	NA
Campus (call for appointment)	Address (Rolla, MO)	Phone	Weekday Hours	Weekend Hours
Student Health Services	910 W 10th St	573.341.4284	9am - 3pm	NA
University Police	205 W 12th St	573.341.4300	24/7	24/7

# NON-MEDICAL RESOURCES

Campus	Address (Rolla, MO)	Phone	Weekday Hours	Weekend Hours
Student Well-Being	204 Norwood Hall, 320 W 12th St	573.341.4211	8am - 5pm	NA
Student Support and Community Standards	107 Norwood Hall, 320 W 12th St	573.341.4209	8am - 5pm	NA
Residential Life	1102 N Rolla St	573.341.4218	9am - 5pm	NA
University Police	205 W 12th St	573.341.4300	24/7	24/7
Online (all available 24/7)	Phone	Website		
Crisis Text Line	Text "HOME" to 741741	crisistextline.org		
National Suicide Prevention Lifeline	800.273.8255	suicidepreventionlifeline.org		
Sanvello (app)	NA	sanvello.com		