CLOSE CONTACT NOTIFICATION

The date of last close contact was on ___________

What counts as a close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more (in 24 hours), with or without a mask.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with the person.
- You shared eating or drinking utensils.
- They sneezed, coughed, or otherwise got respiratory droplets on you.

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 left

You do not have to quarantine, but you should:

- Monitor yourself for 10 days following the exposure and wear a mask around others.
- Consider recommended 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.

☐ 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 following the exposure and wear a mask around others.
- Contact a health care provider for evaluation if symptoms develop, isolating from others until evaluated.

*Recovered means that you have completed the 5 day isolation and have been cleared to resume activity

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

- Begin 5 day quarantine from others 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.
  - Check back side for recommendations if you are/are not having symptoms.
- Contact a health care provider for evaluation if symptoms develop, isolating from others until evaluated
  a. Staff/Faculty: notify HR at msthrsupport@mst.edu and your supervisor to alert them of your need to quarantine.
  b. Students: for academic accommodations, contact Care Management services at cm@mst.edu or 573.341.4209.
  c. If you are not affiliated with S&T: contact your supervisor and your local health department for additional guidance.
- For additional health resources, contact the COVID line at 573.341.4902. For any medical emergencies, call 911.
☐ No, I am not up to date, and I have not tested positive for COVID-19 in the last 90 days (continued)

Are you having symptoms?

If Yes: You should be evaluated by a health care provider and tested for COVID-19

- If you test positive, follow the guidance for those that test positive.
- If you test negative, continue to stay home for 5 days from last date of close contact. Then for 5 additional days, wear a mask around others.
  - A negative test does not release you from the 5 day quarantine.
- Please contact a health care provider if you begin to experience any worsening symptoms. If you develop shortness of breath or difficulty breathing, you should seek immediate medical attention.

If No: Testing is recommended 5 days after exposure, even if you do not have symptoms.

- If you test positive, follow the guidance for those that test positive.
- If you test negative, continue to stay home for 5 days from last date of close contact. Then for 5 additional days, wear a mask around others.
  - A negative test does not release you from the 5 day quarantine.
- Please contact a health care provider if you begin to experience any symptoms. If you develop shortness of breath or difficulty breathing, you should seek immediate medical attention.

RESOURCES

<table>
<thead>
<tr>
<th>Emergency</th>
<th>Address (Rolla, MO)</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phelps Health Emergency Room</td>
<td>1000 W 10th Street</td>
<td>573.458.7800</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Walk-In Clinics</th>
<th>Address (Rolla, MO)</th>
<th>Phone</th>
<th>Weekday Hours</th>
<th>Weekend Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phelps Health Immediate Care</td>
<td>603 S Bishop Ave, Ste C</td>
<td>573.426.4411</td>
<td>8am - 8pm</td>
<td>8am - 6pm</td>
</tr>
<tr>
<td>Phelps Health Walk-In Clinic</td>
<td>1050 W 10th St, Ste 300</td>
<td>573.364.9000</td>
<td>8am - 4:30pm</td>
<td>NA</td>
</tr>
<tr>
<td>Mercy Convenient Care</td>
<td>1605 Martin Springs Dr, Ste 210</td>
<td>573.458.6350</td>
<td>9am - 5pm</td>
<td>9am - 1pm</td>
</tr>
<tr>
<td>Your Community Health Center</td>
<td>1081 E 18th St</td>
<td>573.426.4455</td>
<td>9am - 9pm</td>
<td>8am - 5pm</td>
</tr>
<tr>
<td>Rolla Family Clinic</td>
<td>416 S Bishop Ave</td>
<td>573.426.5900</td>
<td>8am - 4:30pm</td>
<td>NA</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Campus (call for appointment)</th>
<th>Address (Rolla, MO)</th>
<th>Phone</th>
<th>Weekday Hours</th>
<th>Weekend Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Health Services</td>
<td>910 W 10th St</td>
<td>573.341.4284</td>
<td>9am - 3pm</td>
<td>NA</td>
</tr>
</tbody>
</table>

coronavirus.mst.edu

Updated January 13, 2022