

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?

Up to date on your COVID-19 vaccinations means:

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

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

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

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
Your 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