WHO SHOULD QUARANTINE?

What should I do if ....

**I’ve been in close contact* with someone ....**

- **... who has tested positive for COVID-19**
  - Self-quarantine AND monitor for symptoms

- **... who is symptomatic and being tested**
  - Monitor for symptoms AND practice social distancing

- **... who might have been exposed...**
  - ... and IS experiencing symptoms?
    - Monitor for symptoms AND get tested 3-5 days after exposure
  - ... and IS NOT experiencing symptoms?
    - Monitor for symptoms AND practice social distancing

- **... who has tested positive and I'M FULLY VACCINATED**
  - Monitor for symptoms and get tested 3-5 days after exposure

**HOW DO I?**

**SELF QUARANTINE**
- Stay home for 10 days; continue to monitor symptoms.
- Avoid contact with other people.
- Don’t share household items.
- Students should file a VandalCare report at uidaho.edu/VandalCare.

**IF YOU HAVE QUESTIONS REACH OUT TO:**
- Dean of Students Office askjoe@uidaho.edu
- Human Resources benefits@uidaho.edu
- covid19questions@uidaho.edu

**MONITOR FOR SYMPTOMS**
- Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath.
- Take your temperature every morning and night and write it down.
- Call your doctor or Vandal Health Clinic (208-885-6693) for medical care or COVID-19 testing options.
- Don’t seek medical treatment without calling first!

**MONITOR WHEN FULLY VACCINATED**
- Do not need to quarantine
- Monitor for symptoms, remember symptoms may be more mild when fully vaccinated
- Seek test 3-5 days after exposure, even without symptoms
- Wear a mask indoors and around people for 14 days or until test result is negative

*CLOSE CONTACT is defined by Public Health as anyone who was within 6’ of an infected person for at least 15 minutes with neither party utilizing face coverings.