

# WHAT SHOULD I DO IF I WAS A CLOSE CONTACT OF SOMEONE WITH COVID-19?

**MCC STUDENTS AND EMPLOYEES:** If you have just tested positive for COVID-19, please report this information immediately to MCC for formal notification using MCC's online [COVID-19 Reporting Form](#).

*The following guidance has been adopted by IDPH for the general public and schools. Healthcare personnel and other specific groups and settings should continue to follow their respective guidance.*

## UNDERSTANDING EXPOSURE RISKS

*Multiple factors increase the risk of getting COVID-19 after being exposed. Please see the [CDC's Understanding Exposure Risks](#) webpage to understand your risk of developing COVID-19.*

## WHAT TO DO

### I HAVE NOT TESTED POSITIVE FOR COVID-19 IN THE LAST 90 DAYS

- Wear a mask around others for 10 days after your last exposure.
- Get tested immediately if you have symptoms; you may use NAAT or antigen tests.
- Get tested 5 days after your last exposure, even if you do not have symptoms. You may use NAAT or antigen tests.

### I HAVE TESTED POSITIVE FOR COVID-19 IN THE LAST 90 DAYS

- Wear a mask around others for 10 days after your last exposure

### MY TEST WAS WITHIN...

#### 30 DAYS OR LESS

- If you have symptoms, get tested immediately using an antigen test
- Testing is not recommended if you do not have symptoms

#### 31-90 DAYS

- If you have symptoms, get tested immediately using an antigen test
- Get tested 5 days after your last exposure with an antigen test if you do not have symptoms

## ADDITIONAL CONSIDERATIONS:

### Symptoms to Watch For:

- Symptoms of COVID-19 may include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

### If You Test Positive:

- Immediately isolate
- See our infographic 'What Should I do if I Test Positive for COVID-19?' for further information

### Take Precautions:

- Wear a high-quality mask or respirator (e.g., N95) any time you are around others inside your home or indoors in public
- Do not go places where you are unable to wear a mask, including travel and public transportation settings
- If someone in your household has COVID-19, avoid continuous exposure by:
  - Staying in separate rooms
  - Not sharing bathrooms if possible
  - Wearing a mask when in contact with the household member through their isolation period
  - Frequently cleaning high-touch surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks
  - If possible, 1 member of the household should care for the infected person to limit the number of people in contact with them

### Antigen Testing:

- If using an antigen test, especially a home test, repeat testing may be needed to rule out COVID-19. Talk with your healthcare provider about the need to retest.

For more information, please visit [mcdh.info](https://mcdh.info)