



## MISSISSIPPI STATE DEPARTMENT OF HEALTH

### Guidance for Individuals with Coronavirus Disease 2019 (COVID-19) Exposure

**The Mississippi State Department of Health (MSDH) recommends that ALL individuals who are close contacts to a case of COVID-19 be tested 3-5 days after exposure. In addition, MSDH recommends the following:**

#### **Guidance for previously vaccinated individuals:**

If you have been fully vaccinated for COVID-19, you are not required to quarantine after exposure if you meet both of the following criteria\*:

- ❖ You are fully vaccinated, and it has been 2 or more weeks since your final dose in the vaccine series.
- ❖ You have been asymptomatic since your COVID-19 exposure.

***\*If you do not meet both of these criteria, you should follow the quarantine guidance listed below.***

#### **Guidance for Individuals infected within the previous 90 days:**

If you have tested positive for COVID-19 within the prior 90 days, you are not required to quarantine after exposure if:

- ❖ You have fully recovered (10 days from symptom onset or date of test, and fever free for at least 24 hours), and
- ❖ You have been asymptomatic since your COVID-19 exposure.

#### **Quarantine Guidance for individuals who do not meet the criteria for vaccinated individuals:**

- ❖ **You need to self-quarantine at home (or an appropriate alternative location) and self-monitor for symptoms. MSDH recommends a quarantine period of 14 days\* from your last exposure.**
- ❖ Consider getting testing for COVID-19 following your exposure even if you do not have symptoms. Please let your provider know you have been exposed if you do go in for testing.
- ❖ If you live in a household with a person who is a confirmed case of COVID-19, your last exposure is when is when you last had contact less than 6 feet for 15 minutes or more.
- ❖ Check your temperature and self-assess for symptoms twice a day.
- ❖ If you have symptoms, contact your healthcare provider for evaluation and testing if indicated.
- ❖ During the quarantine period you may be allowed to continue to work if your employer says you are essential, and you continue to have no symptoms, undergo symptom and temperature monitoring by your facility and wear a mask while you are at work. Contact your employer for approval.
  - If you do return to work, you should continue to self-quarantine at home at all other times.

#### **Options for length of quarantine period:**

**\*While strongly encouraging a full 14-day quarantine period, especially household contacts and those in congregate settings, MSDH is allowing the following alternative quarantine options.**

- ❖ **10-day option:** You can end quarantine after 10 days if you have monitored for symptoms daily and had no symptoms during the entire 10-day period.
- ❖ **7- day plus test option:** If you have had no symptoms for 7 days and have had a negative COVID-19 test (molecular or antigen) collected on day 5, 6, or 7 of the quarantine period, the quarantine period can be discontinued quarantine after 7 days. Quarantine must be at least 7 days after exposure regardless of a negative test result.

**If you take a 7- or 10- option for a shortened quarantine period, you should continue to wear a mask in public or work, have symptoms and temperature monitored and physically/social distance for a full 14-day period.**

See [Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing | CDC](#) for full guidance.

Thank you for your consideration

Mississippi State Department of Health

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