



MISSISSIPPI STATE DEPARTMENT OF HEALTH

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

The Mississippi State Department of Health (MSDH) recommends the following after exposure to a COVID-19 infected person:

**Any exposed individual who develops symptoms should be tested and stay home.**

**If you have had a booster shot OR you have been fully vaccinated but are not yet eligible for a booster because of timing\*, OR you have had a positive viral COVID-19 test (such as PCR or antigen) within the last 90 days, you should:**

- ❖ Wear a mask around others for 10 days.
- ❖ Test on day 5, if possible. *(Testing on day 5 is not needed for asymptomatic individuals with positive test in last 90 days.)*
- ❖ If you develop symptoms get a test and stay home.

*\*Applies to individuals who completed the primary series of Pfizer or Moderna vaccine within the last 5 months OR completed the primary series of J&J vaccine within the last 2 months*

**If you are unvaccinated OR are currently eligible for a booster dose but have not yet received one\* you should:**

- ❖ Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- ❖ If you can't quarantine you must wear a mask for 10 days.
- ❖ Test on day 5 if possible.
- ❖ If you develop symptoms get a test and stay home

*\*Applies to individuals who completed the primary series of Pfizer or Moderna vaccine over 5 months ago and are not boosted OR completed the primary series of J&J over 2 months ago and are not boosted*

**Additional considerations:**

- ❖ 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.
- ❖ During the 5 day quarantine at home 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 and around others. Contact your employer for approval.
  - If you do return to work, you should continue to self-quarantine at home at all other times.

**Additional CDC Guidance on Isolation and Quarantine can be found at**  
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Thank you for your consideration