



IF YOU THINK YOU WERE EXPOSED TO COVID-19...

This information is for Harvard community members who may have been exposed, either possibly or confirmed—whether on or off campus—but have not tested positive. Learn what to do [if you tested positive](#).

Use the following guidelines to determine your next steps, including whether you need to quarantine and take additional well-being measures following your exposure.

1 DO I MEET ALL 4 CRITERIA OF A “CLOSE CONTACT”?

True close contact exposures have the highest risk of infection.

1. **Exposed to someone confirmed to be infected** (either via positive PCR test or a contact tracer told them to treat themselves as if they had a positive PCR test), **and**
2. Interaction was **indoors, and**
3. Interaction was close—**less than 6 feet away, and**
4. Interaction lasted **at least 15 minutes over a 24-hour period**

→ If you do **not** meet all 4 criteria, you are not considered a close contact. No further action is needed. Continue to [practice health and safety measures](#).

→ If you meet all 4 criteria, you are considered a close contact. **Continue to step 2.**

2 DETERMINE YOUR RISK, QUARANTINE REQUIREMENTS, AND NEXT STEPS

Review the 2 categories below to determine your requirements and next steps.

Category 1: Quarantine Not Required	
<p>You do not have to quarantine, and you may return to school/work with no restrictions on campus if you...</p> <ul style="list-style-type: none"> • have been boosted, or • completed the primary series of a 2-dose vaccine* in the last 5 months, or • completed the primary series of a single-dose vaccine* in the last 2 months. 	<p>Please do the following for the 10 days following your date of last exposure:</p> <ul style="list-style-type: none"> • Wear a mask around others for the 10 days following the exposure. • Test on day 1 and day 5 following the exposure. • Self-monitor for COVID symptoms. If you develop symptoms, isolate from others, get tested, and stay home while waiting for the test results. <ul style="list-style-type: none"> ○ If negative, you may move about campus without restrictions (with mask around others). ○ If positive, continue to isolate away from others and await next steps from HUHS contact tracers. If you test positive outside of Harvard’s testing program, report your positive test through Crimson Clear.

*FDA- or WHO-approved

Guidance and table continue on next page.

Category 2: Quarantine Required

You are required to complete a quarantine for 5 days, and do NOT go to school/work on campus if you...

- completed the primary series of a 2-dose vaccine* over 5 months ago **and** are not boosted,
- or**
- completed the primary series of a single-dose vaccine* over 2 months ago **and** are not boosted,
- or**
- are unvaccinated.

Please do the following for the 10 days following your date of last exposure:

- **Complete quarantine for 5 full days** following the date of last exposure. Do not eat or socialize with others during the time.
- **Wear a mask** around others for the 10 days following the date of last exposure.
- **Test on day 1 and day 5** following the exposure, regardless of symptoms.
- Self-monitor for COVID symptoms (if you do not have any). **If you develop symptoms**, get tested, and stay home and wait for the test results.
 - **If negative**, you may leave quarantine and move about campus after day 5 (with mask around others).
 - **If positive**, isolate away from others and await next steps from HUHS contact tracers. If you test positive outside of Harvard's testing program, report your positive test through Crimson Clear.

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ADDITIONAL QUARANTINE GUIDANCE

- **Submit an additional PCR test on day 1 and day 5:** If enrolled in Harvard's testing program, submit your test on day 1 and day 5, or more frequently (no more than 1 test per day). If away from campus or not enrolled in Harvard's testing program, seek [local testing options](#). If you test positive outside of Harvard's testing program, report your positive test through [Crimson Clear](#).
- **Stay fully masked** when submitting tests on campus and when picking up "grab-and-go" food to eat privately at home. Otherwise, you must stay home and limit physical interaction with other people.
- **Report symptoms** via [Crimson Clear](#). Then take an extra test and stay home.

IF YOU ARE FEELING ANXIOUS | *Take a moment to calm yourself:*

Although exposure does not mean you will be infected, learning that you might have been exposed can be frightening.

1. Close your eyes and relax your shoulders.
2. Place the palm of one hand on the middle of your chest and the other on your belly.
3. Take 3-5 slow, deep breaths, and note the comforting sensation while you focus on your own breathing.

ADDITIONAL RESOURCES

- [Managing Fears and Anxiety around COVID-19](#)
- *Students:* Counseling and Mental Health Services' CAMHS Cares, (617) 495-2042
- *Employees:* Employee Assistance Program, (877) 327-4278
- harvard.edu/coronavirus
- huhs.harvard.edu/testing-exposure-isolation-quarantine-faqs
- cdc.gov/coronavirus

Please avoid calling the HUHS clinic number unless you need medical care so that our clinical staff can prioritize sick patients who require medical attention.

