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

This information is for Harvard health care providers and for staff members in Harvard’s child care centers who 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 before you return to work after 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 notified by individual who tested positive via 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. Contact your manager or clinic director if you do not know which category applies to you, if you have questions, or if you need more information.

   **Category 1: Quarantine Not Required**
   You do not have to quarantine, and you may return to school/work on campus if you...
   - have no symptoms, and
   - 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.

   Before returning to work, you must do the following:
   - Receive a negative test result (via antigen or PCR test) after you learn of the exposure. Do not report to work until you receive a negative test result. Additionally, please do the following for the 10 days following your date of last exposure:
   - Wear a mask around others for the 10 days following the exposure and wear appropriate PPE while at work.
   - Test on day 1 and day 5 following the exposure. The Day 1 test can qualify as your return-to-work test. If negative, you can return to work the next day. 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**

<table>
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<tr>
<th>You are required to complete a quarantine for 5 days, and do NOT go to school/work on campus if you...</th>
<th>Before returning to work, you must do the following:</th>
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<td>• 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.</td>
<td>• Test on day 5 from date of last exposure. Do not return to work until you receive a negative test result (via antigen or PCR test). Additionally, please do the following for the 10 days following your date of last exposure: • <strong>Complete quarantine for 5 full days</strong> following the date of last exposure. • <strong>Wear a mask</strong> around others for the 10 days following the date of last exposure and use appropriate PPE at work. • <strong>Test on day 1 and day 5</strong> following the exposure, regardless of symptoms. Your Day 5 test can qualify as your return-to-work test. If negative, you can return to work the next day. • Self-monitor for COVID symptoms. If you develop symptoms after day 5, isolate from others, get tested, and stay home and wait for the test results. <strong>Do not report to work.</strong> If negative, you may move about campus with mask around others and use appropriate PPE at work. If positive, continue to isolate await from others and await HUHS contact tracers. If you test positive outside of Harvard’s testing program, report your positive test through Crimson Clear.</td>
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*FDA- or WHO-approved

**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.