If you think you were exposed to COVID-19...

This information is for people 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.

- Vaccination and boosters are the best way to reduce the risk of severe infection. They might not prevent all infections, but they reduce your chance of severe illness and hospitalization.
- Unvaccinated people are at very high risk of serious disease, hospitalization, and death.

Use the following set of guidelines to determine next steps for whether you need to quarantine as well as additional well-being measures.

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

If you meet all 4 criteria you are considered a close contact, go to Step 2. If you do not meet all criteria you are not considered a close contact, go to Step 1B.

True close contact exposures have the highest risk of infection.

1. **Exposed to someone confirmed to be infected** (either via by individual 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

**STEP 1B: I am NOT considered a close contact. What next steps should I consider?**

If you do not meet the 4 criteria outlined in Step 1, you are not considered a close contact — no further action is needed. Please continue to practice good safety measures.

**STEP 2: DETERMINE YOUR RISK, EXPECTATIONS FOR QUARANTINE AND NEXT STEPS**

Use the below table to determine your next steps.

<table>
<thead>
<tr>
<th>QUARANTINE NOT REQUIRED</th>
<th>Please do the following for the 10 days following your date of last exposure:</th>
</tr>
</thead>
<tbody>
<tr>
<td>You DO NOT have to quarantine and may return to school/work on-campus...</td>
<td>• Wear a mask around others for the 10 days following the exposure.</td>
</tr>
<tr>
<td>If you:</td>
<td>• Test on day 1 and day 5 following the exposure.</td>
</tr>
<tr>
<td>A. Have been <strong>boosted</strong></td>
<td>• Self-monitor for COVID symptoms. If you develop symptoms, isolate from others, get tested, and stay home while waiting for the test results.</td>
</tr>
<tr>
<td>OR</td>
<td>o If negative, you may move about campus with mask around others</td>
</tr>
<tr>
<td>B. Completed the primary series of a 2-dose vaccine* in the <strong>last 6 months</strong></td>
<td>o If positive, continue to isolate away from others and await next steps from contact tracing. If you test positive outside of Color, please report the positive test through Crimson Clear.</td>
</tr>
<tr>
<td>OR</td>
<td>*FDA or WHO approved</td>
</tr>
<tr>
<td>C. Completed the primary series of a single dose vaccine* in the <strong>last 2 months</strong></td>
<td></td>
</tr>
</tbody>
</table>

KEEP HARVARD HEALTHY
**QUARANTINE REQUIRED**

You are required to complete a QUARANTINE for 5 days and NOT go to school/work on campus.

If you:

A. Completed the primary series of a 2-dose vaccine* over 6 months ago and are not boosted

OR

B. Completed the primary series of a single dose vaccine* over 2 months ago and are not boosted

OR

D. Unvaccinated

*FDA or WHO approved

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 this 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 tracing. If you test positive outside of Color, please report the positive test through Crimson Clear.

**Additional Detail and Guidance on Quarantine**

- **Submit additional PCR Test on Day 1 and Day 5**: If enrolled in Harvard’s testing program, submit a test on Day 1 and Day 5 or as often as you like. If away from campus or not enrolled in Harvard’s testing program, seek [local testing options](#). If you test positive outside of Color, report this result through [Crimson Clear](#).
- **Stay fully masked** when submitting tests on campus, or getting food only as grab and go. Otherwise, you must stay home and **limit physical interaction** with other people.

**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](#)
- [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.*