COVID-19 QUARANTINE GUIDE

For schools, child care, and youth programming

What to do if you had close contact with a person with COVID-19

Note: If you develop symptoms or test positive for COVID-19 at any time during the 10-day quarantine period, regardless of vaccination status, stay home and follow the COVID-19 Isolation Guide for Schools, Child Care, and Youth Programming (www.health.state.mn.us/diseases/coronavirus/schools/youthiso.pdf).

You do NOT need to quarantine if you are up to date* with COVID-19 vaccinations OR if you had COVID-19 within the last 90 days. You should still:

Wear a well-fitting mask around others for 10 days after your last exposure to a person with COVID-19.

Get tested five days after your exposure, even if you don't have any symptoms.

*"Up to date" means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

DAY 0 Close contact
1 2 3 4
DAY 5 Get tested
6 7 8 9 10

WEAR A MASK AROUND OTHERS AND WATCH FOR SYMPTOMS

You should quarantine if you are NOT up to date with your COVID-19 vaccinations or you are NOT vaccinated:

Stay home for at least five days after your last exposure to a person with COVID-19.
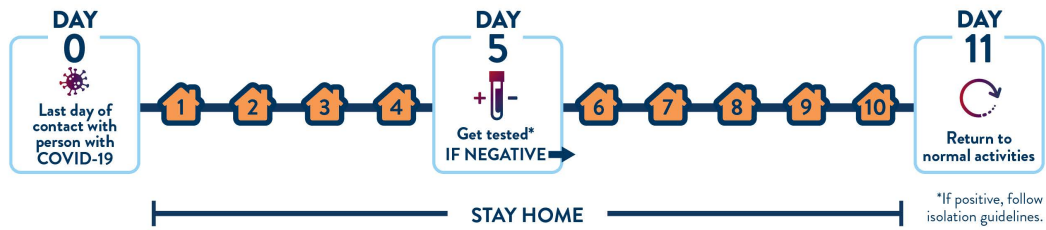
Wear a well-fitting mask for 10 days whenever you are around other people, even at home.

Get tested five days after your exposure, even if you don't have any symptoms.

DAY 0 Last day of contact with person with COVID-19
1 2 3 4
DAY 5 Get tested* IF NEGATIVE
DAY 6 Return to most activites
7 8 9 10
DAY 11 Return to normal activities

*If positive, follow isolation guidelines.

STAY HOME

WEAR A MASK

People who are under 2 years old and others who are unable to wear a well-fitting mask should stay home for 10 full days after their last exposure to a person with COVID-19.

DAY 0 — Last day of contact with person with COVID-19

1 2 3 4

DAY 5 — + Get tested* IF NEGATIVE →

6 7 8 9 10

DAY 11 — Return to normal activities

*If positive, follow isolation guidelines.

STAY HOME

Household close contacts who are not up to date on COVID-19 vaccinations should follow the quarantine guidance above if someone in their household tests positive for COVID-19. The quarantine period begins when household close contacts separate from the person who tests positive. If they cannot separate, then the quarantine period begins when the person with COVID-19 ends isolation. This timeline may be extended if additional household members test positive.

For example, if the family is unable to separate, the quarantine period for the close contact includes the positive person's isolation period (minimum five days) and then an additional five or 10 days depending on the ability of the close contact to wear a well-fitting mask.

For additional information:

Close Contacts and Quarantine: COVID-19 (https://www.health.state.mn.us/diseases/coronavirus/close.html)

Best Practices for Handling a Confirmed Case of COVID-19 (https://www.health.state.mn.us/diseases/coronavirus/schools/casehandle.pdf)

Stay Up to Date with Your Vaccines (https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html)

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