

Quarantine Guidance for COVID-19

The Minnesota Department of Health continues to recommend quarantine for individuals who have been determined to be close contacts of individuals who have tested positive for COVID-19. People who are fully vaccinated are not required to quarantine. People who are unvaccinated are subject to quarantine.

Quarantine Guidance for unvaccinated people:

A 14-day quarantine remains the BEST option when a known exposure to COVID-19 has occurred for a person who is not vaccinated. Unvaccinated individuals who are a close contact of someone they live with who has tested positive for COVID-19 must automatically complete a 14-day quarantine.

A 7 or 10-day quarantine may be possible if ALL of the following criteria are true:

- The person has NOT had symptoms of COVID-19 during the quarantine period.
- The person does NOT live with someone who has COVID-19.
- The person does NOT live or work in a high risk setting (long term care, assisted living, correctional facility, shelter, or other congregate living facility).
- The person does NOT work in a health care facility.
- The person had a defined exposure (there was a beginning and an end). Examples include: at school, at a sporting activity, during work, at a social gathering (wedding, funeral, etc).
- Symptoms must be monitored until day 14, and if person develops ONE or more symptoms, must go home and get tested for COVID-19 (even if they were already tested on day 5).

A 7 day quarantine may be possible:

- If requesting a 7-day option, the exposed person MUST complete a PCR (Polymerase Chain Reaction test) for COVID-19 on day 5 or later, and MUST wait until negative test result before returning to work/school.

Procedure for requesting a 7 or 10-day quarantine option:

1. Staff or families may discuss a shortened quarantine with School Nurse (schools), or Lead Nurse (DSC).
2. Nurse will use the above criteria to screen requesting party.
3. Nurse determines if person meets criteria for shortened quarantine. If so, nurse reviews requirements for quarantine with individual/family. Nurse will remind staff/families that they must monitor for symptoms after return to work/school. If one or more symptom appears, affected person must go home immediately, report illness to nurse, and get tested for COVID-19.
4. Persons choosing a 7 or 10-day quarantine will be reminded that they may not return until 7 or 10 FULL days of quarantine have been completed.

Anyone, including those who are fully vaccinated, who has symptoms of Covid-19 should follow [district protocol](#).