

Minnesota Department of Education and CDC Guidance for Covid-related Quarantine or Isolation

	QUARANTINE – if you were exposed	ISOLATION – if you are sick or test positive
This Means:	You quarantine and stay away from others when you have been in close contact with someone who has COVID-19. Most of our students who are in quarantine have had close contact with a family member who has tested positive.	You isolate when you are sick or when you have been infected with the virus, even if you don't have symptoms. The person in isolation should stay in a specific "sick room" and use a separate bathroom if available.
How do I know if I need to do this?	Students, teachers and staff who came into close contact with someone with Covid-19 <ul style="list-style-type: none"> • do not need to quarantine IF they have received all recommended vaccine doses for which they are eligible, including boosters; or IF they have had a confirmed PCR positive Covid 19 diagnosis within the last 90 days • do need to quarantine for at least 5 days after their last close contact IF they are not vaccinated or have not completed the series with booster 	People who are confirmed to have Covid-19 or are showing symptoms of Covid-19 need to isolate regardless of their vaccination status.
When do I start to count the days?	The date of exposure is considered day 0. Day 1 is the first full day after your last contact with a Covid positive person.	Your first day of symptoms is considered day 0. Day 1 is the first full day after your symptoms develop. IF you have no symptoms, day 0 is the day of your positive test and day 1 is the first full day after the specimen was collected for your test.
How do I know when I can return to school?	Stay home for at least five days. If no symptoms develop, get tested – if negative, you may return to school. If positive, begin the period of isolation (next column).	You can end isolation after 5 full days only IF you are fever free for 24 hours (without meds) and your other symptoms have improved. Once you see these signs of improvement, use an at home antigen test to confirm that you are negative before returning to school and public interactions. (If you never had symptoms, your period of isolation ends with Day 5. If you develop symptoms during this time, the isolation period starts over)
What other things should I consider	During the quarantine period, make every effort to minimize your contact with other people. Even if you have a negative test at Day 5 and return to school, continue to monitor for symptoms for the full ten days. Continue wearing your mask at school, and in other public places.	Continue wearing a well-fitting mask around others at home for 5 additional days. Continue wearing your mask at school, and in other public places.