COVID-19 ISOLATION GUIDE

For schools, child care, and youth programming

What to do if you are experiencing symptoms of COVID-19* or have tested positive for COVID-19 *(regardless of vaccination status or symptoms)*

If you have COVID-19 symptoms:

Stay home.

COVID-19 testing is strongly encouraged, especially if you are at high risk for severe disease, if symptoms continue or worsen, if you develop additional symptoms, if you have been exposed to someone with COVID-19, or if COVID-19 transmission is elevated in your area.

If you do not get tested, follow instructions below as if you had tested positive for COVID-19.

If COVID-19 testing is done and the result is POSITIVE:

Stay home for a minimum of five full days from the date symptoms started or the date you took the test if you don't have symptoms.

Stay away from others, including household members, as much as possible. Wear a well-fitting mask.
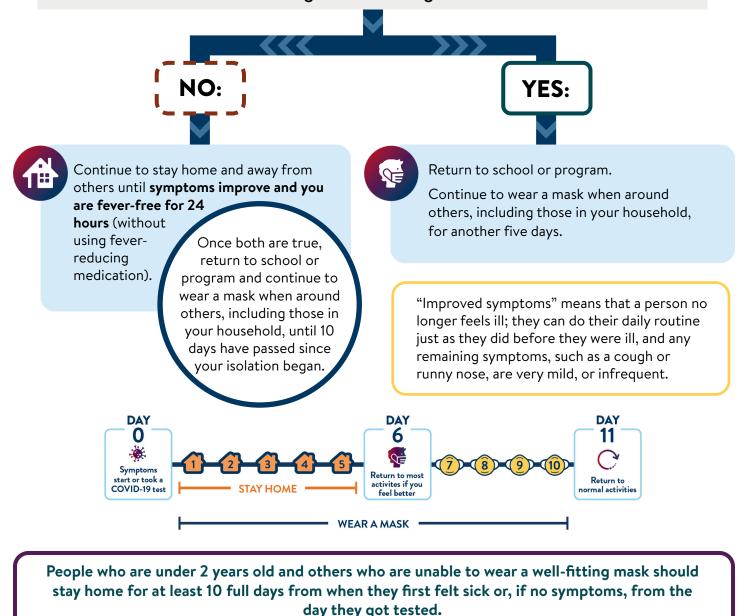
If COVID-19 testing is done and the result is NEGATIVE:

Stay home until your symptoms improve and you are fever-free for 24 hours (without the use of fever-reducing medication) before returning.

*CDC COVID-19 Symptoms (www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)

After five days of isolation at home:

Have your symptoms improved and have you been fever-free for 24 hours (without using fever-reducing medication)?

NO:

Continue to stay home and away from others until **symptoms improve and you are fever-free for 24 hours** (without using fever-reducing medication).

Once both are true, return to school or program and continue to wear a mask when around others, including those in your household, until 10 days have passed since your isolation began.

YES:

Return to school or program.

Continue to wear a mask when around others, including those in your household, for another five days.

"Improved symptoms" means that a person no longer feels ill; they can do their daily routine just as they did before they were ill, and any remaining symptoms, such as a cough or runny nose, are very mild, or infrequent.

DAY 0 — Symptoms start or took a COVID-19 test

1 2 3 4 5 — **STAY HOME**

DAY 6 — Return to most activites if you feel better

7 8 9 10

DAY 11 — Return to normal activities

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 at least 10 full days from when they first felt sick or, if no symptoms, from the day they got tested.

DAY 0 — Symptoms start or took a COVID-19 test

1 2 3 4 5 6 7 8 9 10 — **STAY HOME**

DAY 11 — Return to normal activities

For additional information:
If You Are Sick or Test Positive: COVID-19 (www.health.state.mn.us/diseases/coronavirus/sick.html)

m1 MINNESOTA | **STAY SAFE MN**