

Quarantine Procedures

Updated March 29, 2021

The COVID Response team recommends staying with the 14-day quarantine for all students as recommended by the CDC, Minnesota Department of Health and Goodhue County Health & Human Services.

MDH Resource

<https://www.health.state.mn.us/diseases/coronavirus/quarguide.pdf>

Quarantine Guidelines for Students who are a Close Contact to a Positive Person:

Students are considered close contact to a positive person and should quarantine in the following situations:

- Students who were within 6 feet of someone contagious with COVID-19 for 15 minutes or more over the course of a day, including people who live in the same household
- Students who live in the same household as someone with COVID-19.
- Students who had direct physical contact or intimate contact (e.g. kissing, hugging, other types of physical contact) with a person who is sick with COVID-19
- Students who provide care for a person who is sick with COVID-19 at home
- Students with direct exposure to respiratory droplets from a person contagious with COVID-19
- Students who have traveled outside of Minnesota where quarantine is recommended (all travel except travel for work, study, medical care, or personal safety and security)

How long to quarantine for COVID-19

A 14-day quarantine period is recommended in any of the following situations:

- The student lives in the same household and is a contact of someone with COVID-19
 - a. The 14-day quarantine period starts the day after the person with COVID-19 completes their isolation period (usually 10 days from the day their symptoms started, or if they didn't have symptoms, 10 days from the day they got tested)
 - b. If multiple people in the home have COVID-19, the 14 days start after the last person has completed their isolation. This may mean that other household members will need to quarantine for 24 days or more
 - c. **Or** if the person(s) with COVID-19 in the household can isolate from healthy members in the household, the 14-day quarantine will start on the last day healthy members had contact with sick members.
- The student works in a congregate living situation, including a long-term care facility, correctional facility, homeless shelter, or other setting where people cannot quarantine individually and where they can expose multiple people, including those at high risk of severe disease.
- The student works in a health care setting,

Options to reduce quarantine in specific situations

A shortened quarantine period may be considered if **ALL** of the following are true:

- The student has **NOT** had symptoms of COVID-19 during the quarantine period.
- The student does **NOT** live with someone who has COVID-19.
- The student does **NOT** work in a high-risk setting, including a long-term care or assisted living facility, correctional facility, shelter, or other congregate living facility.
- The student does **NOT** work in a healthcare facility.
- The student had a defined exposure, meaning a known exposure with a beginning and an end. Examples include:
 - a. Was exposed at school or sporting event
 - b. Was exposed at work
 - c. Was exposed at a social gathering or event, like a party or funeral
 - d. Traveled outside of Minnesota where quarantine is recommended

If and only if all of the above conditions are true, quarantine may be shortened to:

- 10 days with a PCR negative test (not an antigen test or antibody/blood test) IF the test occurred on day 5 after exposure or later

After stopping quarantine

- Wear a mask, stay 6 feet from others wherever possible, wash hands, and avoid crowds or settings with people who are at a risk of severe illness from COVID-19
- Watch for symptoms until 14 days after exposure. If any symptoms occur, isolate from others right away and get tested.

Impact of vaccinations on need to quarantine

If someone (staff member or student) has completed the COVID-19 vaccination (two doses in a two-dose series or one dose in a one dose series) and is exposed, they do not need to quarantine if ALL of the following are true:

- The COVID-19 exposure was at least 14 days after their vaccination series was fully completed.
- They do not currently have any symptoms of COVID-19

This person will need to provide proof of the vaccination dates (copy of card or letter from GCHHS) and promise to monitor for symptoms for 14 days after the exposure. If symptoms develop, they will need to isolate themselves from other people and get tested.

Even after a person is fully vaccinated they should still continue to stay distanced, wear a mask that fits well, wash their hands often, and follow other precautions.