

Quarantine Guidance after a Known Exposure

Condensed from: [MDH Quarantine Guidance for COVID-19](#)

Who needs to Quarantine?

- People who were within 6 feet of someone contagious with COVID-19 for 15 minutes or more over the course of a day (24 hours).
- People who live in the same household as someone with COVID-19.
- People who provide care for a person who is sick with COVID-19 at home.

Who does not need to quarantine?

If someone has recovered from COVID-19 in the past 90 days and is exposed again, they do not need to quarantine if ALL of the following are true:

- Their illness was laboratory confirmed in the past 90 days.
- They have fully recovered.
- They do not currently have symptoms of COVID-19

If someone has completed COVID-19 (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 was fully completed.
- They currently do not have any symptoms of COVID-19.

How long to quarantine for COVID-19

A 14-day quarantine period is required in the following situation:

- The person lives in the same household and is a contact of someone with COVID-19.
 - If the household member with COVID-19 is able to isolate away from the rest of the family members, the family members who have not tested positive will need to quarantine from the last date of close contact with the positive household member.
 - If the household member is not able to isolate away from those who have not tested positive for COVID 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).
 - If multiple people in the home have COVID-19 the 14 days start after the last person has completed their isolation. This may mean the other household members will need to quarantine for 24 days or more.

Options to reduce quarantine in specific situations

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

- The person has NOT had any 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, including a long-term care or assisted living facility, correctional facility, shelter, or other congregate living facility.
- The person does NOT work in a health care facility.

- The person has a defined exposure, meaning a known exposure with a beginning and an end.
 - At school or sporting activity.
 - During a shift at work or while on break.
 - At a social gathering or event, like a party or funeral.

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

- Ten days without testing; or
- Seven days with a Molecular/PCR-negative test (not an antigen test or antibody tests) if the test occurred on day five after exposure or later.

After stopping quarantine:

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

Determining date that quarantine ends

To determine when the quarantine period will end, identify the last date of exposure to someone with COVID-19. The is considered to be day zero. The next day is the first full date of quarantine, or day one. People are able to resume normal activities the day after their quarantine period is completed.

- A 14-day quarantine means the person can resume activities on day 15.
- A 10-day quarantine means the person can resume activities on day 11.
- A 7-day quarantine means the person can resume activities on day 8.

COVID-19 Testing Resources

Community Testing Sites-<https://mn.gov/covid19/get-tested/testing-locations/community-testing.jsp>

At Home Testing-<https://learn.vaulthealth.com/state-of-minnesota/>

Finding PCR/Molecular Testing Locations-<https://mn.gov/covid19/get-tested/testing-locations/index.jsp>