

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.

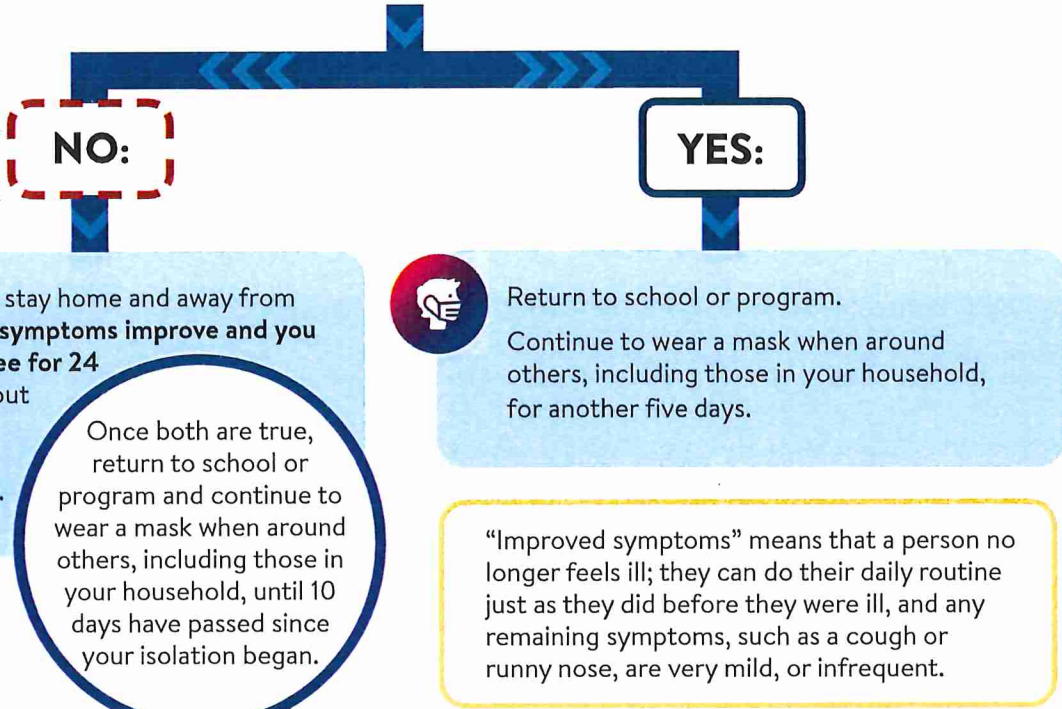


If COVID-19 testing is done and the result is **NEGATIVE:**

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

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)?



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.



For additional information:

[If You Are Sick or Test Positive: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html)



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3/15/2022